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Tuesday

WISSAM AL-OKAILI/AFP/GETTY

An man carries a wounded boy in Baghdad.

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ENTERTAINMENT

Iconoclastic: *Evan Shapiro* has radically reshaped the Independent Film Channel. Plus, the Shins' new CD.

>> 19-22

Weather >> Mostly Sunny

42 | 27

FULL FORECAST ON PAGE 34

Bush Faces Skeptical Nation

Poll shows doubts about state of the union ahead of speech

WASHINGTON | President Bush will tell Americans Tuesday night he has important plans for health care, education and other kitchen table topics that have little to do with Iraq. Yet if the state of the union is strong, so is the nation's skepticism that he can deliver.

For the first time, Bush will give his State of the Union address with Democrats in power and looking over his shoulder — literally, with House Speaker Nancy Pelosi seated right behind him. Most people have no confidence that Bush and a Democratic Congress can solve problems together, a troubling sentiment that has only deepened since the November election, an Associated Press-AOL News poll finds.

Most believe the United States is on the wrong track — a complete flip from five years ago, according to the poll, which finds little to cheer about in advance of Bush's 9 P.M. speech.

Americans see the president as likable, decisive and strong — but also stubborn. Only a minority think he is honest — 44 percent, down from 53 percent two years ago.

Only four in 10 think the country will be better off with Democrats in charge of the House of Representatives and Senate, the poll suggests.

The White House says the speech will focus on a few issues — energy and health care among them — on which Bush might be able to reach agreement with Democrats, who control the House and Senate for the first time during his two-term presidency. (AP)

U.K. Scavengers Flock to Beached Cargo Ship

LEON NEAL/AFP/GETTY

FINDERS KEEPERS: Scavengers in Sidmouth, England, make off with goods from a cargo ship damaged in recent storms and listing about a mile off shore. At least 200 containers went overboard, holding BMW motorcycles, car parts and household items as well as toxic materials such as battery acid.

DISTANCE | **No Route About It** A double-decker bus in Edinburgh, Scotland, was given a traffic ticket by the city of London in a clerical mix-up, The Scotsman reported. The bus company, Lothian Buses, was fined $190 for having its No. 44 bus

in a restricted zone — and London officials provided camera shots of the alleged offense. But Lothian had video evidence of its own showing the bus in Edinburgh, 400 miles away. The fine has now been canceled. (EXPRESS) EyeOpeners | Page 2

eyeOpeners

BARRIERS

We Split Up ... Or, At Least, Our House Did

Like two Cold War adversaries, Chana and Simon Taub are separated by a wall — one that was built straight down the middle of their home to keep the bickering New York spouses apart. Neither one wanted to move out of their beloved house and so — in one of the strangest divorce battles the city has ever seen — a white drywall partition was erected a few weeks ago on orders from a judge. It is not as if the Taubs have no place else to go. For one thing, they own a place two doors down. But for reasons that include stubbornness, spite and their love of the home, both insist on staying in this particular house. (AP)

INEBRIATION

Kibbles and Bits and Bitttsss ... and ... *hic*

After a long day hunting, there's nothing like wrapping your paw around a beer. So Terrie Berenden, a pet shop owner in Zelhem, Netherlands, created a beer for her dog made from beef extract and malt. She said she made the beer so her dogs could have some with them after a day of hunting. (AP)

MAX NASH/AP

CRIME-FIGHTING

Cuff Love

If you had a pressing need to commit a crime in London recently, Thursday would have been the day to do it. That's the day more than 300 police officers chose to handcuff themselves together to set the world record for the most number of people handcuffed together at one time. After the feat was completed at the Metropolitan Police Academy in the Hendon area of the city, cuffed officers gave themselves applause, which, perhaps, would have been more appropriate with criminals in their place. (EXPRESS)

Hold on there, no need to take out the CPR dummy — today, we get a live one!

PRACTICING

Who's Next to Try to Save This Guy's Life?

Jeffrey Sanger of New York picked the optimal place to have a heart attack. when he collapsed Friday during his Fire Department paramedic class. And, of course, his classmates went right into action administering CPR and a shock with a defibrillator. He had felt chest pains as about a dozen paramedics prepared to begin a training session at the Emergency Medical Service Training Center. (AP)

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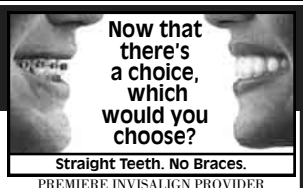

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DON'T LEAVE HOME WITHOUT IT: Americans flying to Mexico, Canada and the Caribbean made sure to bring their passports Monday because of a new rule going into effect Tuesday that requires them to show one to get back into the country.

Nation

In Brief

MARK WILSON/GETTY IMAGES

Pro-life and pro-choice advocates argue at the rally in D.C. on Monday.

WASHINGTON

Thousands Rally Against Abortion on Roe Anniversary

President Bush marked the 34th anniversary of the Roe v. Wade Supreme Court decision Monday, telling thousands of abortion foes he shares their goal of seeing "the day when every child is welcomed in life and protected into law." "Our challenge is to make sure that science serves the cause of humanity instead of the other way around," the president said in a telephone call piped over loudspeakers to a Washington rally of opponents of abortion rights. (AP)

WASHINGTON

Jury Selected in Libby Trial

A jury of nine women and three men — which includes four critics of the Bush administration's Iraq policies — was seated Monday to try former White House aide I. Lewis "Scooter" Libby on charges of lying about what he told reporters about the wife of a prominent war opponent. (AP)

GOP Opposition to Iraq Plan Grows

Senators introduce non-binding resolution against adding troops

WASHINGTON | Congressional Republicans pushed back Monday against President Bush's decision to deploy additional troops in Iraq, some voicing opposition while others called for the administration and Iraqi government to be held accountable.

Sen. John Warner of Virginia — the former chairman of the Senate Armed Services Committee — joined fellow Republican Sens. Susan Collins of Maine and Norm Coleman of Minnesota in unveiling nonbinding legislation expressing disagreement with Bush's plan and urging him to "consider all options and alternatives" to the planned increase of 21,500 troops.

DENNIS COOK/AP

SPEAKING OUT: Senators John Warner, R-Va., Ben Nelson, D-Neb., and Norm Coleman, R-Minn., discuss the resolution against President Bush's Iraq plan.

Sen. Ben Nelson of Nebraska, the Senate's most conservative Democrat, joined the Republicans.

In the House, members of the leadership drafted a series of what they called "strategic benchmarks," and said the White House should submit monthly reports to Congress measuring progress toward meeting them.

The developments occurred on the eve of Bush's State of the Union address, and as Democrats pointed toward votes in the House and Senate in the next few weeks declaring that the troop increase was "not in the national interest of the United States." DAVID ESPO (AP)

Gender Matters in Blood Transfusions

Blood banks separate plasma to fight injury common to women

WASHINGTON | The plasma transfused into victims of burns, car crashes and other serious conditions soon will come almost completely from men.

Make no mistake: Women need to donate blood now more than ever as blood supplies become more precarious each year.

But blood banks are beginning to separate out women's plasma — the liquid part of blood — in an effort to fight a mysterious lung injury that has become the nation's leading risk from transfusions.

Ask about blood safety and most people think of HIV or other diseases that, thanks to strict testing, actually are incredibly rare in U.S. transfusions. Today the top threat is TRALI, or "transfusion-related acute lung injury," in which transfusions trigger reactions that fill patients' lungs with fluid, leaving them gasping for air.

There are no good counts, although TRALI is thought to strike a few hundred people a year and kill roughly 10 percent of them. It's a condition doctors don't always recognize since patients who need transfusions are seriously sick to begin with, but it's starting to gain attention.

No one knows exactly what causes TRALI. But certain immune cells carried by women who have been pregnant are emerging as a chief culprit. (AP)

FBI Faulted In Foley Scandal

WASHINGTON | The FBI should have acted to protect teenage House pages when it initially learned last July that ex-Rep. Mark Foley had sent disturbing e-mails to a former male page, an internal Justice Department report concluded Monday. The report, by Inspector General Glenn Fine, said the group was not asked to provide any additional information from the e-mails — nor did the missing material influence the decision not to investigate. (AP)

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Nation

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Ford Unveils Plug-In Hybrid

New electric vehicle uses a zero-emissions hydrogen fuel cell

WASHINGTON | Ford Motor Co. is joining the list of automakers working on a plug-in hybrid — with a twist. It combines the convenience of plugging in your car with a zero-emissions hydrogen fuel cell.

Ford on Tuesday is to display what it calls the world's first drivable fuel cell hybrid electric vehicle with plug-in capability. Called the Flexible Series Hybrid Edge, it represents the latest offering from automakers hoping to stake a claim to the next generation of highly efficient, alternative automobiles.

MANUEL BALCE CENETA/AP
Mike Moran of Ford plugs into the electricity port of a plug-in hybrid Edge.

Gerhard Schmidt, Ford's vice president of research and advanced engineering, said the vehicle, based on the Ford Edge crossover platform, gives the company "the ultimate in flexibility in researching advanced propulsion technology."

Ford was showing the plug-in fuel cell at the Washington Auto Show, where lawmakers and government officials were viewing a number of advanced vehicle technologies. The show opens for media previews on the day of President Bush's State of the Union address, which is expected to include energy proposals of concern to the auto industry. (AP)

Study Suggests a Biplane Dinosaur

WASHINGTON | When the Wright Brothers first took to the sky in a biplane, they were using a design nature may have tried 125 million years earlier. A new study of one of the earliest feathered dinosaurs suggests it may have had upper and lower sets of wings, much like the biplanes of early aviation.

The possibility of a biplane dinosaur — Microraptor gui — is suggested by Sankar Chatterjee of Texas Tech University in this week's online issue of Proceedings of the National Academy of Sciences.

Microraptor was described by Xing Xu of the Chinese Academy of Sciences in 2003. Xu theorized that it glided, extending its legs backward so its wings were arranged one behind the other, like a dragonfly.

Chatterjee says the legs of the creature may have instead been held below the body in flight, creating two staggered wing sections, the upper slightly ahead of the lower. (AP)

Studying the Antidepressant Effects of Sleep Deprivation
Sleep deprivation has rapid & brief antidepressant effects in some depressed people. NIMH is exploring how a drug that mimics the effects of sleep deprivation in the brain, may also bring about a rapid antidepressant response in people who are depressed. Understanding how this works may help us understand depression and design better antidepressants. Study includes multiple overnight stays & free sleep evaluations to rule out sleep disorders. NIMH is seeking people ages 18-60 with depression who:
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Nation

Supreme Court Nixes Calif. Sentencing Law

WASHINGTON | The Supreme Court, its new chief justice joining the majority, made clear Monday that juries, not judges, must determine facts that justify harsher prison sentences. In a 6-3 ruling, the court struck down California's Determinate Sentencing Law, the latest in a series of decisions limiting judges' discretion in sentencing.

In California, thousands of inmates may be eligible to have their sentences reduced, in many cases by about a year. "This court has repeatedly held that, under the Sixth Amendment, any fact that exposes a defendant to a greater potential sentence must be found by the jury, not a judge, and established beyond a reasonable doubt, not merely by a preponderance of the evidence," Justice Ruth Bader Ginsburg wrote for the court.

The majority was one vote larger than the 5-4 rulings that have been the norm in sentencing cases. In his first major case dealing with the constitutionality of prison terms, Chief Justice John Roberts joined Ginsburg's majority opinion. (AP)

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DE-ICING: Glaciers will all but disappear from the Alps by 2050, scientists warned Monday, basing their outlook on evidence of slow but steady melting of the continental ice sheets. In western Austria's Alpine province of Tyrol, glaciers have been shrinking by about 3 percent a year.

World

In Brief

AP

A minibus collided head-on with a truck in Jinga District, Uganda, on Monday.

KAMPALA, UGANDA

Multiple Bus Crashes Kill More Than 25, Injure Dozens

Two bus crashes in this African nation killed more than 25 people Monday, including six foreigners coming back from a Jehovah's Witnesses conference, officials said. Dozens were wounded. A bus overturned early Monday when the driver sped up to prevent another bus from passing, police said. The six foreigners were killed when their minibus crashed head-on with a truck in Jinga District. (AP)

TEHRAN, IRAN

38 U.N. Nuclear Inspectors Barred From Entering Iran

Iran has barred 38 inspectors on a U.N. list from entering the country, the foreign minister said Monday in what appeared to be retaliation for the U.N. sanctions imposed last month. Iran rejected the officials on a list of potential inspectors drawn up by the International Atomic Energy Agency to carry out visits to Iran's nuclear facilities. Others on the list remain eligible. (AP)

NAIROBI, KENYA

Top Leader of Islamic Courts Surrenders to Police

A top leader of Somalia's ousted Islamic movement, apparently afraid for his life now that the once-powerful militia has been chased into hiding, has surrendered and is in custody in Kenya, officials said Monday. Sheik Sharif Sheik Ahmed, considered a moderate member of the Council of Islamic Courts, went to a Kenyan police station Sunday, according to a police report. A U.S. diplomat said last week that Ahmed could play a role in reconciling Somali factions. (AP)

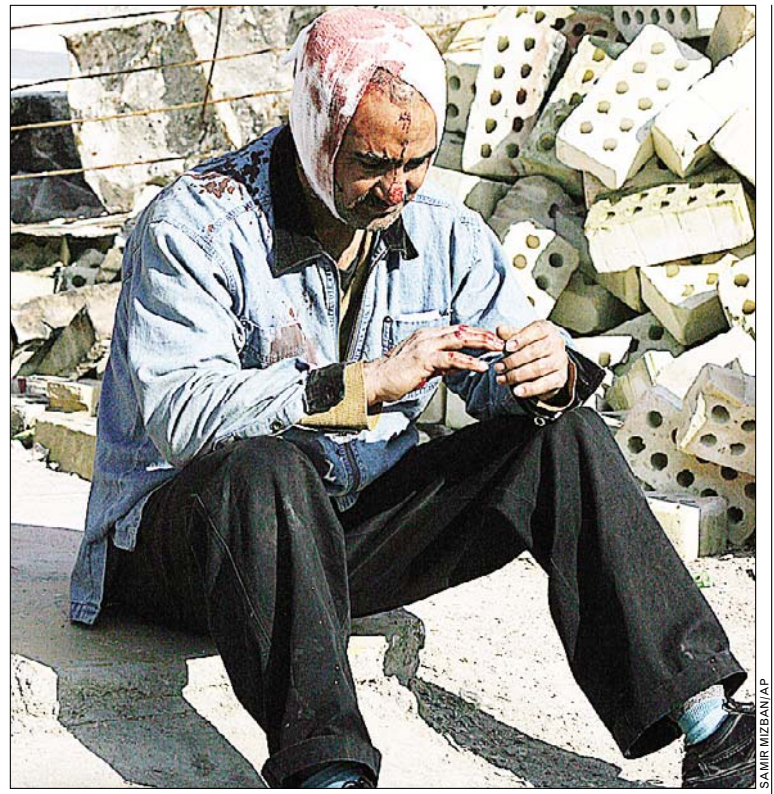
Twin Car Bombs Kill Dozens in Iraq

At least 88 die after blasts rip through busy Baghdad market

BAGHDAD, IRAQ | A suicide bomber crashed his car into a central Baghdad market crowded with Shiites just seconds after another car bomb tore through the stalls where vendors were hawking DVDs and used clothing, leaving 88 dead Monday in the bloodiest attack in two months.

The bombings, along with a double bombing that killed 12 people in the town of Khalis, battered Shiites during one of their holiest festivals. The attacks were the latest in a renewed campaign of insurgent violence in advance of a U.S.-Iraqi security operation.

In all, 137 people were killed or found dead across Iraq, including a teacher who was gunned down as she was on her way to work at a girls' school in a mainly Sunni area of Baghdad. The toll also included the bullet-riddled bodies of at least 30 people, apparent victims of death squads largely run by Shiite militias.



SAMIR MIZBAN/AP

IN HARM'S WAY: A man wounded in car bomber's attack waits outside a hospital in Baghdad. In all, 137 people were killed or found dead across Iraq on Monday.

An al-Qaeda-linked coalition of Iraqi Sunni insurgents claimed its fighters shot down an American military helicopter in a Saturday crash that killed 12 U.S. soldiers. The U.S. military has said the cause of the crash has not been determined.

In Washington, a senior military official said investigators found debris near the scene of the helicopter crash that could be part of a shoulder-fired weapon. The official requested anonymity because the investigation is ongoing.

The twin bombing in Baghdad was the single deadliest attack against civilians in Iraq since Nov. 23, when suspected al-Qaeda in Iraq fighters attacked the capital's Sadr City Shiite slum with a series of car bombs and mortars that struck in quick succession, killing at least 215 people. KIM GAMEL (AP)

Alleged Canadian Serial Killer May Have 49 Victims

NEW WESTMINSTER, BRITISH COLUMBIA | Accused serial killer Robert William Pickton allegedly confessed to killing 49 women and intended to kill one more to make it an even 50, prosecutors in his murder trial said during opening arguments Monday.

Pickton, 56, has been charged with 26 counts of first-degree murder, accused of killing mostly prostitutes and drug addicts who vanished from a poor Vancouver neighborhood in the 1990s. He has pleaded not guilty to the first six counts for which he is being tried. It is expected to be the most macabre and lengthy murder trial in Canadian history.

Prosecutor Derrill Prevett stunned the courtroom when he said Pickton told investigators, including an undercover officer planted in his jail cell, that he had slain 49 women. (AP)

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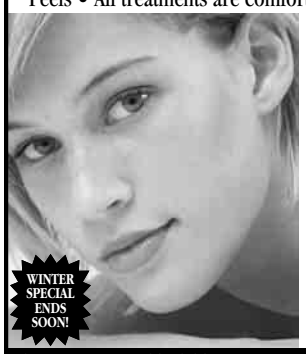

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World

World Opinion Of U.S. Dips Anew

BBC poll finds only 29% of people feel U.S. holds positive role

LONDON | Battered in the polls at home, President Bush is also facing mounting disapproval of his policies abroad, according to a British Broadcasting Corp. poll published Tuesday.

The BBC World Service poll of 26,000 people in 25 countries showed just 29 percent now feel the United States exerts a mainly positive influence on the world, compared with 36 percent a year ago and 40 percent two years ago.

Forty-nine percent now believe it plays a mainly negative role internationally.

Even in the United States, the number who believe that overall the U.S. is a force for good in the world has dropped to 57 percent from 63 percent a year ago.

As Bush prepares to send another 21,500 troops to Iraq, the survey shows that 73 percent of those polled in 25 countries disapprove of how the U.S. government has dealt with that country.

This was the first time the annual poll had posed a question on the conduct of the Iraq war, and other specific policy areas, including the U.S. stand on global warming and Iran's nuclear program. In all these areas, those polled registered strong disapproval of the U.S. position.

Pollsters from the GlobeScan organization questioned around 1,000 people in each country.

"According to world public opinion, these days the U.S. government hardly seems to be able to do anything right," said Steven Kull, director of the Program on International Policy Attitudes at the University of Maryland, which conducted the survey with pollsters GlobeScan. (AP)

GLOBAL VIEWS

Among other results from the BBC poll on U.S. policies:

- **Sixty-eight percent** believe the U.S. military presence in the Middle East provokes more conflict than it prevents.
- **In Britain**, America's strongest ally in the Iraq war, 57 percent see U.S. influence as mainly negative.
- **African countries** are the most positive about America because of the aid and investment it provides to them. (AP)

SOUTH KOREA | TO CATCH A FISH

CHUNG SUNG-JUN/GETTY IMAGES

WATER WORLD: South Korean children peer through holes into a frozen river during a contest to catch mountain trout, called Sancheoneo, on Monday in Hwacheon, South Korea. The fishing event is part of a wintertime ice festival celebration that draws nearly a million visitors to the area every year.

Champion Workshop

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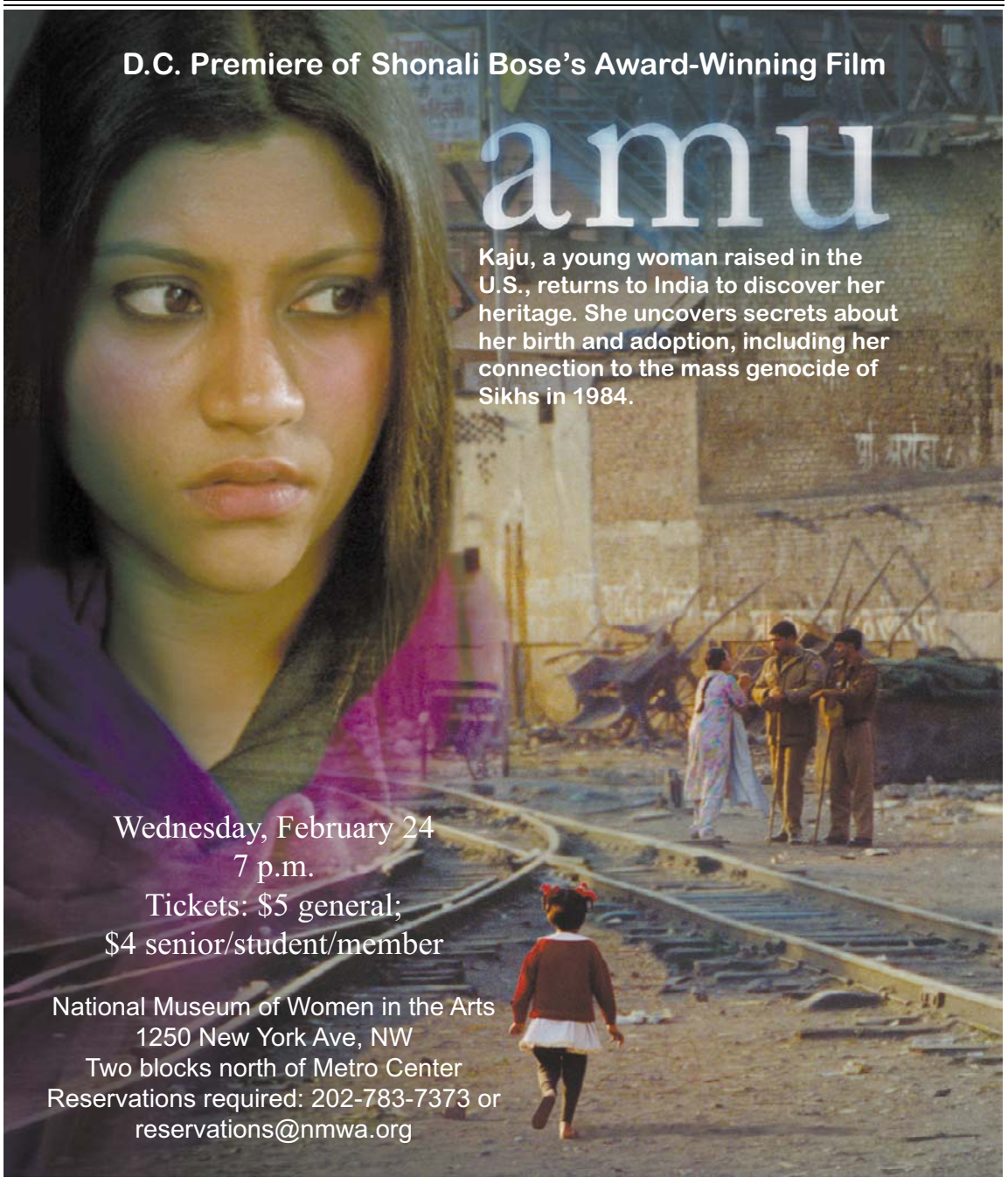

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Have you filed your annual business recycling report?

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

Know the filing deadline for your business:
- **Large** businesses (250 or more employees): **FEBRUARY 1st**
- **Medium** businesses (100-249 employees), selected **small** businesses (less than 100 employees), and **commercial property owners: MARCH 1st**

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in costly fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines.
For instructions go to: www.montgomerycountymd.gov/recycling.

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SEWER DISCRETION: A Washington office building was evacuated Monday because of a manhole explosion off Connecticut Avenue in Northwest, fire and EMS offcials said. Firefighters worked to put the fires out in several manholes.

Local

Classical To Stay On Air

Music genre will remain on area radio in deal with WETA

WASHINGTON | Classical music lovers in the area could breathe a sigh of relief Monday: Their format will not disappear from the airwaves as previously feared.

The company that owned the region's only classical station, WGMS-FM, had been in talks to sell it to Daniel Snyder, the owner of the Washington Redskins, who was expected to make it into an outlet for sports programming.

Those talks broke off, but WGMS's owner decided to change the station's format anyway. At the same time, it also handed the classical mantle, along with its entire classical library, to a public radio station eager to take over the format.

As Bonneville International and public radio WETA-FM were announcing the deal at 3 p.m., a disc jockey on WGMS informed listeners that the station was signing off. Bonneville's new station, called George 104, immediately began broadcasting its mix of "'70s, '80s and whatever we want." (AP)

Roads Cleared After Winter Weather

One to three inches of snowfall does cause some school closings

WASHINGTON | The first winter storm of the season caused most area school systems to open late or close Monday, though main roads were mostly clear of snow and ice for the morning commute.

The federal government operated under a liberal leave policy, allowing employees who could not make it to work to take unscheduled leave.

District public schools opened on time, but many suburban systems decided to close or open two hours late, clearing the path for commuters on roads that had been plowed and well-salted by morning.

The National Weather Service in Sterling, Va., said the region received between about one and three inches of snow from the storm, which began about midday Sunday and tapered off overnight. The largest accumulation was recorded in Ashburn, Va., which had 2.9 inches.

The Metro transit system and area airports said they were operating on time Monday. Police and state highway officials reported only minor accidents. Drivers were urged to watch out for icy patches, especially on bridges and ramps. (AP)

NIKKI KAHN/TWP

Pamela Brooke takes her dogs Sugar, left, and Lady out for a rousing frolic in the snow along the Potomac River near Ohio Drive in Washington on Monday.

Club in Deadly Shooting Awaits Ruling on Status

WASHINGTON | The managers of a nightclub could find out Tuesday whether they'll be allowed to reopen following a weekend shooting that left a teenager dead.

Taleshia Ford, 17, was shot in the chest early Saturday at Smarta/Broadway when another patron's gun fired during an altercation with a bouncer.

Police ordered the club closed for up to 96 hours, citing an imminent danger to public health and safety.

The D.C. Alcoholic Beverage Control Board will hold a summary suspension hearing Tuesday that could lead to the revocation of the club's liquor license.

Meanwhile, D.C. Councilman Jim Graham is calling for legislation designed to keep minors out of clubs where liquor is served. (AP)

Following leads: Police have the nickname of a suspect in the case, but can't find him. | **Today's Post, Metro**

O'Malley Gets to Work

→ Md. Gov. O'Malley embraced a bill Monday to reduce state automobile emissions, part of a first-session legislative package that would also freeze public universities' tuition. | **Today's Post, Metro**

IN The Washington Post

Payday-Loan Bill in Virginia Passes

RICHMOND, VA. | Borrowers would be limited to three payday loans at a time and required to wait 24 hours between transactions under a bill that passed Monday.

Legislators stopped short of repealing the 2002 law that opened the door to the payday loan industry by allowing lenders to issue short-term loans with interest rates exceeding the 36 percent cap other lending institutions face. (AP)

The Lotteries

Monday, January 22

DISTRICT

Mid-day Lucky Numbers	8-1-7 (White)
Mid-day DC 4	9-0-6-7

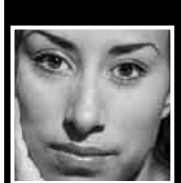
MARYLAND

Mid-day Pick 3	7-2-9
Mid-day Pick 4	9-4-1-7

VIRGINIA

Mid-day Pick 3	5-9-3
Mid-day Pick 4	2-3-4-1
Mid-day Cash 5	6-13-14-26-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.



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NIMH National Institute of Mental Health

Money

TUNING IN: German and French consumer groups have joined a Nordic-led drive to force Apple Inc. to make its iTunes online store compatible with digital music players made by rival companies, a Norwegian official said Monday.

Pfizer to Lay Off 10,000 Workers

NEW YORK | Pfizer Inc., struggling with fierce competition from makers of generic drugs, announced Monday it will cut 10,000 jobs and close at least five facilities to slash its annual costs by up to $2 billion.

The drastic measures being taken by the world's largest drugmaker highlight the challenges faced by many pharmaceutical companies these days. In addition to patent expirations, big drug companies are struggling with a business climate where insurers and other large purchasers of medicines are demanding lower prices and more evidence of products' worth.

It's the second time in two years that the maker of Viagra and Lipitor has announced a major cost reduction plan in order to combat the loss of about $14 billion in revenues this year due to expiring patents on key drugs. The company is at risk of losing 41 percent of its sales to generic competition between 2010 and 2012, according to one analyst.

The 10,000 layoffs amount to about 10 percent of the company's global work force and include the elimination of 2,200 jobs from the U.S. sales force, which Pfizer announced late last year. The company said Monday it would cut 20 percent of its European sales force.

Pfizer will close three research sites in Michigan and two manufacturing plants in New York and Nebraska. THERESA AGOVINO (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HangrOrth	8.84	+1.10	+14.2
VeraSun n	17.85	+1.20	+7.2
CNH Gbl	31.74	+1.94	+6.5
SmithAO	38.25	+2.25	+6.3
KrspKrm lf	12.13	+.65	+5.7

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Amrep	107.14	-29.21	-21.4
UndrArmr	47.08	-3.99	-7.8
CNA Sure	19.60	-1.39	-6.6
AlliedCap	28.05	-1.96	-6.5
CooperCo	46.83	-3.25	-6.5

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
PeopEduc	4.32	+.77	+21.5
Ftrmdia rs	2.75	+.42	+18.0
MoscwCbl lf	11.39	+1.37	+13.6
CecoEnv	12.98	+1.48	+12.9
Iomai	5.74	+.01	+0.2

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
CoastFin	8.68	-3.42	-28.3
SigmaDg lf	20.20	-3.73	-15.6
PetMed	11.74	-2.07	-15.0
CenGardn	42.90	-5.89	-12.1
AdvancPh	2.52	-.31	-11.0

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	5.00	4.97
2-year	4.91	4.89
10-year	4.76	4.78
30-year	4.85	4.86

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5060	.5067	.5649
Canadian Dollar	1.1822	1.1714	1.1533
European Euro	.7720	.7713	.8243
Japanese Yen	121.61	121.29	115.25
Mexican Peso	10.9281	10.8883	10.5290
Taiwanese Dollar	32.96	32.83	32.10

DOW	NASDAQ	S&P 500
-88.37	-20.24	-7.55
-0.70	-0.83	-0.53
12477.16	2431.07	1422.95

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	75.85	+1.60	+11.0
Amylin	39.36	-.99	+9.1
BiogenIdc	50.18	-1.66	+2.0
Celgene s	54.17	-.81	-5.8
ChRvLab	44.65	-.22	+3.2
GenProbe	50.55	-.81	-3.5
Genentch	88.85	-.20	+9.5
Genzyme	67.21	-.69	+9.1
GileadSci	64.25	-1.33	-1.0
Imclone	29.16	-.79	+9.0
Invitrogn	59.43	+.07	+5.0
MedImun	34.54	-.12	+6.7
MillPhar	11.27	+.04	+3.4
PDL Bio	21.65	-.10	+7.5
VertxPh	35.95	-.95	-3.9

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WHAT CAN BROWN DO TO YOU? Kwame Brown won't be charged for taking a man's birthday cake and throwing it at the man after coming out of a club on Saturday morning. Brown was celebrating a teammate's birthday at the club and apparently thought the cake was his friend's.

Sports

Swengali

WIZARDS | BY MATT SWENSON

Wizards-Suns Could Be Finals

JUST TO SHOW HOW FAR the Washington Wizards have come, Tuesday night's game against the Phoenix Suns could be a preview of the NBA Finals.

Seriously.

Four straight wins have put the Wizards on top of the Eastern Conference. Yes, they are No. 1. Long gone are the Pervis Ellison and Don MacLean days.

Most encouraging, Washington keeps winning while defenses are focused on keeping Gilbert Arenas under 30 points. Though Agent 0's numbers have dropped some in the past three games, don't expect that trend to continue.

The Suns are the hottest team in the league, having won 13 straight while losing just two games in the past two months. It's a testament to the Mavericks that Phoenix is only the second-best team out west.

It's a testament to the Mavericks that Phoenix is only the second-best team.

Coincidentally, one of the Suns' last two defeats came at the hands of the Wizards. Arenas dropped 54 in that 144-139 win in the desert.

A second win over one of the West's best would certainly add legitimacy to Washington's claim of being the beasts of the East.

It could also aid Arenas' MVP cause to once again show up Steve Nash, the league's best player for two straight seasons.

Of course, the fate of the Wizards' season won't be determined Tuesday night — but this is as exciting as a meaningless NBA regular-season game gets.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

No Payback Necessary in Rematch

The Wizards will try to snap the visiting Suns' 13-game win streak

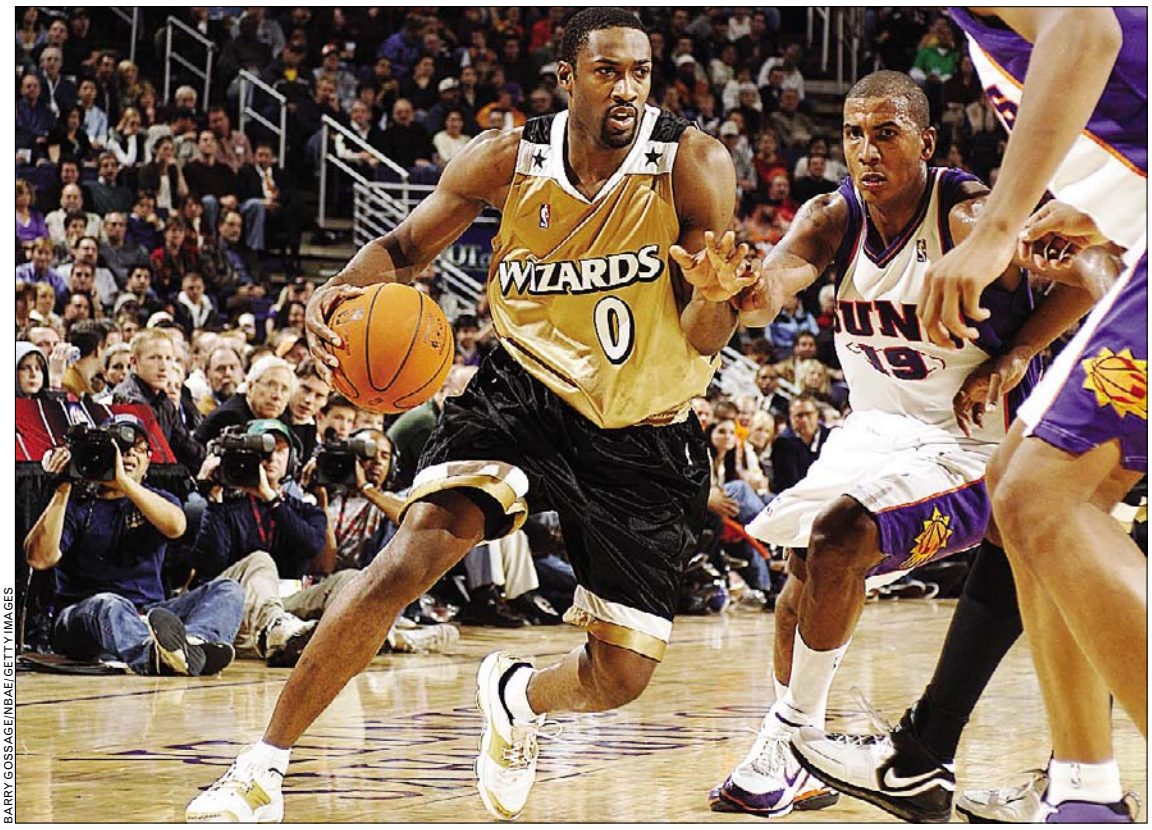
WIZARDS | For the record, Washington Wizards point guard Gilbert Arenas doesn't count Tuesday's game against the Phoenix Suns as the Part II of the Vendetta Tour.

"No, I already did what I said I was going to do to them," Arenas said. "The next team is Portland. One down, one to go."

Arenas dropped 54 points on the Suns in an overtime victory at Phoenix last month, his way of unleashing his frustrations against anyone who might have had anything to do with his not making the U.S. team for last summer's world championships. Suns coach Mike D'Antoni and Portland coach Nate McMillan were assistants on that team, which was led by Duke coach Mike Krzyzewski.

In fact, Arenas, who has scored 50-plus three times this season, wrote on his nba.com blog that the Portland game will be 50-point game No. 4.

"The most important game is on Feb. 11," Arenas wrote. "Well, it's not the most important, but that's the game I'm going to say is my next 50-pointer. ... Tune in. I think ESPN or TNT needs to pick that game up."



BARRY GOSSAGE/NBAE/GETTY IMAGES

The last time the Washington Wizards played the Phoenix Suns, guard Gilbert Arenas dropped 54 in an overtime victory.

After hearing all this, D'Antoni did the only thing he could — he cracked an Arenas-worthy joke.

"I can't wait to see what he does against Duke," D'Antoni said. "He's gonna KILL Duke."

So, with the revenge angle out of the way, all that's left for Tuesday is a matchup between two MVP candidates — Phoenix's Steve Nash and Arenas — in a game featuring the two highest-scoring teams in the league, both in contention for a No. 1 conference seed.

And there's one more thing. The Suns have won 13 straight. They also had a 15-game streak earlier this season. Guess who ended it?

That's right. The Wizards.

"I'm not even going to address that," said Wizards forward Caron Butler, who was named Eastern Conference Player of the Week — an accolade Arenas has won twice this season — for his performance last week. "Because I don't want to jinx us." JOSEPH WHITE (AP)

FOOTBALL | FROSTY THE COLTS FAN

AMY SANCETTA/AP

A CORN-COB PIPE AND A COLTS BALL CAP: A smiling snowman wears a Colts hat in a front yard in Noblesville, Ind., the morning after the Colts beat the Patriots in the AFC Championship game, 38-34, to go to the Super Bowl.

Nadal Wins Tough One vs. Murray

TENNIS | Rafael Nadal finally got to see how he holds up against a guy who can also beat Roger Federer.

And when his night's work was done — well past midnight — he understood what he had accomplished against Andy Murray.

"It was a very, very, very important match for me, very tough," Nadal said. "Andy was playing at an unbelievable level. He's very smart on court, for sure."

For four sets there was little to separate the two. But Nadal outlasted the 19-year-old Scotsman, twice rallying from a set down to win 6-7 (3), 6-4, 4-6, 6-3, 6-1 and reach the Australian Open quarterfinals.

CAMERON SPENCER/GETTY IMAGES

Rafael Nadal lies on the court shortly after beating Andy Murray in five sets.

Nadal, who has been ranked No. 2 to Federer every week since July 2005, had to fend off 10 break points in the last two sets as Murray's calculated, all-or-nothing game started failing in the almost four-hour match. JOHN PYE (AP)

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Sports

BRUCE BENNETT/GETTY IMAGES

Sidney Crosby, right, scores from his knees in a game earlier this month. Crosby, 19, could become the first since Mario Lemieux to put up 150 points in one season.

Crosby's Talent Is Game-Changing

19-year-old superstar is popular, exciting and good for the NHL

NHL | Perhaps it is a surprise only that it has happened to Sidney Crosby this quickly, this impressively.

Crosby has been viewed as ice hockey's next great talent, one who might be good enough to rival Wayne Gretzky and Mario Lemieux, since he was setting scoring records at age 13. Now, as Crosby readies for his first NHL All-Star game at age 19 on Wednesday in Dallas — yes, the same age Gretzky and Lemieux made their All-Star debuts — it appears to be happening.

For the first time since Gretzky was setting a different standard for ice hockey stardom 27 years ago, a player not yet in his 20s has become his sport's signature figure. Crosby is not only the NHL's most popular player — as evidenced by his landslide win in the All-Star voting — but arguably its best player.

It's not just that Crosby is scoring, but how he's scoring, with a verve, passion and a drive. In successive games against Tampa Bay this month, he scored while sliding on his side, controlling the puck while doing so, and from his knees.

Less than a year after becoming the youngest player in NHL history to have a 100-point season, the Penguins center could threaten to become the first since Lemieux in 1996 (161 points) to have a 150-point season.

Check out the reaction of Carson Briere, the young son of Sabres center Daniel Briere, upon learning his dad would start the All-Star game: "Wow, you get to play with Sidney Crosby!" ALAN ROBINSON (AP)

TODAY'S TV LINEUP

WIZARDS (7 P.M. ON COMCAST) The last time the Wizards played the Suns, Gilbert Arenas scored 54 in an overtime win. He predicted that his next 50-point game won't be for another few weeks, but there's no telling what will happen with the fast-paced Suns come to town.

NHL (8 P.M. ON VERSUS) The day before the All-Star Game, the NHL puts on a show with the YoungStars Game and the SuperSkills competition.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN AND 10 P.M. ON VERSUS) Indiana gets the night started when the Hoosiers travel to Illinois. Then, Alabama plays at arch rival Auburn and UNLV hosts San Diego State.

TENNIS (3 P.M. AND 10 P.M. ON ESPN2 AND 3:30 A.M. ON ESPN) The Australian Open has reached the quarterfinals, and Tuesday is filled with women's quarterfinal matches.

CURTAIN CLOSED: Mike Tomlin, Minnesota's defensive coordinator, was hired to coach the Pittsburgh Steelers on Monday, ending a three week search. Tomlin, 34, is the first black coach hired by the Steelers and only the team's third coach in 38 years. Their last two coaches were 34 and 37 years old when hired.

Parcells Hangs Up Coaching Spurs

Big Tuna steps down after a disappointing 4-year tenure in Dallas

NFL | Bill Parcells retired from coaching Monday, leaving the Dallas Cowboys after four years without a playoff win and just two weeks after a stinging wild-card loss to Seattle.

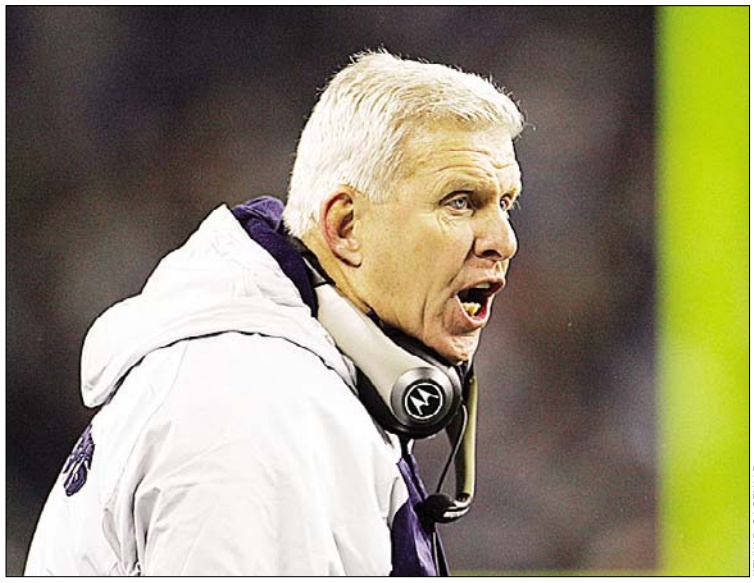
During a 19-year career that also included coaching the New York Giants, New England Patriots and New York Jets, Parcells made it to three Super Bowls, winning twice with the Giants.

In his last try, the Cowboys blew a chance to beat the Seahawks when Pro Bowl quarterback Tony Romo botched a hold on a short field goal with a little more than a minute left.

Parcells goes out having lost four of his final five games, including the last three. His announcement came 15 days after the loss to Seattle.

"I am retiring from coaching football," Parcells said in a statement. "I want to thank Jerry Jones and Stephen Jones for their tremendous support over the last four years. Also, the players, my coaching staff and others in the support group who have done so much to help. Dallas is a great city and the Cowboys are an integral part of it. I am hopeful that they are able to go forward from here."

"I am in good health and feel lucky to have been able to coach in the NFL for an extended period of time," Parcells said. "I leave the game and the NFL with nothing but good feelings and gratitude to all the players, coaches and other people that have assisted me in that regard." JAIME ARON (AP)



KEVIN P. CASEY/AP

Coach Bill Parcells decided to retire after four seasons with the Dallas Cowboys. Parcells ended his career with 183 NFL victories, ninth all-time in NFL history.

A LASTING LEGACY

Bill Parcells will be remembered for his gruff demeanor and colorful quotes. And for his success:

- He leaves with the ninth-most wins in NFL history and a career record of 183-138-1.
- Parcells was 34-32 in Dallas with an 0-2 postseason record
- Before going to Dallas, the Big Tuna led the Giants to two Super Bowl titles ('86 and '90), took the Patriots to the Super Bowl and got the Jets to the AFC title game.
- All four teams he coached had losing records when he arrived but made the playoffs by his second season

NASCAR Makes Changes to Add Value for Wins

AUTO RACING | NASCAR placed more emphasis on winning, widened the Chase for the championship field to 12 drivers and created a postseason seeding system under a series of adjustments announced Monday.

Starting this season, victories during the 26-race "regular season" now will be worth 185 points — an increase of five points. Assuming the winning driver also picks up other bonuses during the race, a victory now can be worth as much as 25 points more than second place.

In addition, those wins will be worth a 10-point bonus that will be used to "seed" the drivers when the 10-race Chase begins.

During the Chase's first three years, the drivers' point totals were reset in five-point increments when the postseason began. Now, all drivers' totals will be reset to 5,000, and each will receive a 10-point bonus for each victory during the first 26 races. JENNA FRYER (AP)

Dungy Is Not Worried About Manning's Hand

QB will get X-rays on his injured right thumb but is expected to play

NFL PLAYOFFS | Colts quarterback Peyton Manning was scheduled to have X-rays on his injured right thumb Monday, although Indianapolis doesn't believe it will affect his status for the Super Bowl against Chicago on Feb. 4.

Manning hit the thumb on his throwing hand on the helmet of left tackle Tarik Glenn late in the Colts' 38-34 victory over New England in the AFC championship Sunday night. Coach Tony Dungy said the thumb was discolored after the game and that Manning was hurting.

"But from everything I hear, it's going to be OK," Dungy said.

Manning ranks second on the NFL's consecutive starts list, behind Brett Favre. He has started 156 consecutive games, including playoffs, in his nine-year career.

On Monday, Dungy was more concerned about cornerback Nick Harper's sprained left ankle than Manning's injury.

Harper left during the first half of the AFC championship game and didn't return. Dungy said he was uncertain whether it was a high ankle sprain or a basketball-variety sprain he sustained by rolling the ankle. (AP)

JED JACOBSOHN/GETTY IMAGES

QB Peyton Manning walks off the field after beating the Patriots on Sunday.

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

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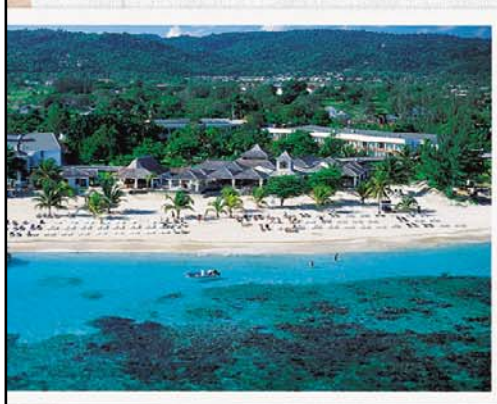

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BULLS BACK ON PARADE: Rage Against the Machine, the pioneering Los Angeles band that mixed rap-metal and leftist politics, will reunite after a seven-year lull for one show at the 2007 Coachella Festival, which starts April 29.

Entertainment

BEBETO MATTHEWS/AP

WE'RE SO ICONOCLASTIC: Independent Film Channel general manager Evan Shapiro studies his winning television schedule.

IFC's Uncut TV

The edgy television channel stays true to one part of its name

INDIE ROCKS | For much of its life, the Independent Film Channel was essentially content to show independent films. That wasn't enough for Evan Shapiro. Since taking over as general manager two years ago, he's sought to establish IFC as a haven for free speech, a network that relishes taking on controversial issues. His slogan for IFC is "TV, Uncut."

"If cable does what broadcast cannot, IFC needs to do what cable does not," said Shapiro, who ran his own marketing company before working at Court TV and IFC.

One example is the recent documentary, "This Film Is Not Yet Rated," which explores the politics behind Hollywood's movie ratings system. Many people in television loved the idea, but no one wanted to make it, Shapiro said. He reasoned that "if we don't do this, we don't deserve to be the Independent Film Channel."

This year IFC is making "The Bridge," a film about suicides at the Golden Gate Bridge. The upcoming trilogy "Indie Sex" is what it sounds like: a documentary about sex in cinema. These projects follow documentaries about homosexuals in Hollywood, bull-riding and the radio show "The F Word" and its relationship with the FCC.

IFC has also put a handful of series in production, including the "Weeds"-like drama "Pornopolis," with a seemingly average suburban family where the parents run a porn empire; and "Bad Habits," a drama about a group of people with various addictions. Its comedy "The Minor Accomplishments of Jackie Woodman," about two women exploring backstage life in Hollywood, was renewed recently for a second season. Outspoken punk poet Henry Rollins, who has his own talk show, was also renewed.

An iconoclastic, left-leaning image is hardly a stretch for a network that showcases independent films. Fans who prefer these quirky movies to the suburban multiplex fare are already likely to be city-dwellers intrigued by culture on the edge. "I think we attract far more libertarians than any other classification," Shapiro said.

When many consumers have more than 100 channels to surf through, a network needs to make some noise to be heard, he said.

IFC has organized its programming schedule into various theme nights, like Friday's "Grindhouse," which has films that have some level of 'sploitation to them. The network's best films are featured on "Sunday's Best."

"It's not enough to just have a lot of films on your network," Shapiro said. "You have to curate it."

DAVID BAUDER (AP)

Their 'Night' Music Is Timeless

The Shins' new CD is filled with great retro pop — 1980s style

MUSIC | The Shins' third album, "Wincing the Night Away," is filled with the lovely retro pop that has made the group indie-rock faves — yet it's still wonderfully unpredictable and unfamiliar thanks to the album's crystalline production. Whereas the band's debut, "Oh, Inverted World," re-created a series of subtle, '60s psychedelic ripples from track to track, "Wincing the Night Away" has that hollow, detached, '80s-ish feel reminiscent of Echo & the Bunnymen. But delving into that period doesn't feel like a gimmick. "Wincing" feels 100 percent natural — standing on its own, it feels a perfect fit for any era.

Loads of bands enter "experimental" phases in hopes of plotting a new sound. In that sense, the Shins are the Thomas Edison of indie pop: Every experiment works.

BRIAN TAMBORELLO

EUREKA! The Shins haven't reinvented their wheel — but they're still inventive.

The bubbling "Sleeping Lessons," which first sounds as if frontman James Mercer were singing with his head in a bucket of water, slowly sets the warbling guitar riff into a crashing joyride. Other notable songs include the softly buzzing to coolly soaring "Phantom Limb," the reverb-tastic swagger of "Turn on Me" and the oddly snapping water-glass-shimmer of "Red Rabbits," but the entire CD is filled with equally great inventions.

CHRIS MINCHER (EXPRESS)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

TIMES SQUARE RECORDS

SARA TAVARES

Worldly Troubadour

1 Sara Tavares is a Portuguese singer-songwriter of Cape Verdean descent who's in touch with her African roots. Her fab 2006 CD, "Balance," mixes the longing of fado music and the lilting sensuality of Brazilian styles with an alt-soul sound that recalls Indie.Arie.

→ *Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom-GWU)*

To read our conversation with Sara Tavares, visit **readexpress.com**

VIKRAM CHANDRA

Mod-Indian Intrigue

2 In his huge new thriller, "Sacred Games," author Vikram Chandra presents a gangster chase through the streets of modern Mumbai (Bombay), pursued by Sikh detective Sartaj Singh.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

MARCIA KUPFER

Vaulted Arches

3 Professor Marcia Kupfer of the art history department at Johns Hopkins University will deliver an illustrated lecture on the magnificent architecture of French Medieval churches and their artistic legacies.

→ *S. Dillon Ripley Center, 1100 Jefferson Drive SW, 6:30 to 8:30 p.m., $35.00, 202-252-0012. (Smithsonian)*

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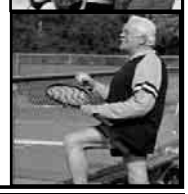

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LAST KING OF SCOTLAND (R) - ID REQ'D DIG	(130 430) 725 1010
BABEL (R) - ID REQ'D DIG	(105 410) 715 1020
PURSUIT OF HAPPYNESS (PG-13) DIG	(110 400) 710 1000
PRIMEVAL (R) - ID REQ'D DIG	(200 420) 740 1005
ARTHUR AND THE INVISIBLES (PG)	(140 425) 700 920
FREEDOM WRITERS (PG-13) DIG	(100 350) 730 1015
PAN'S LABYRINTH (R) - ID REQ'D DIG	(120 415) 735 1025
NOTES ON A SCANDAL (R) - ID REQ'D DIG	(150 440) 720 940
CURSE OF THE GOLDEN FLOWER (R) - ID REQ'D	650 930
CHARLOTTE'S WEB (G)	(145 405)

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

THE HITCHER (R) - ID REQ'D DIG	(1230 250 515) 745 1015
THE QUEEN (PG-13) DIG	(100 400) 715 1000
BABEL (R) - ID REQ'D DIG	(1210 330) 700 1030
PRIMEVAL (R) - ID REQ'D DIG	(1215 245 515) 800 1035
STOMP THE YARD (PG-13) DIG	(100 445) 730 1040
ARTHUR AND THE INVISIBLES (PG) DIG	(1230 420) 645
FREEDOM WRITERS (PG-13) DIG	(110 445) 745 1040
CODE NAME: THE CLEANER (PG-13) DIG	930
DREAMGIRLS (PG-13) DIG	(1245 400) 715 1030
CHILDREN OF MEN (R) - ID REQ'D DIG	(1245 430) 730 1015
THE GOOD SHEPHERD (R) - ID REQ'D DIG	(1200 430) 815
NIGHT AT THE MUSEUM (PG) DIG	(1240 410) 645 945
CURSE OF THE GOLDEN FLOWER (R) - ID REQ'D DIG	945
ERAGON (PG) DIG	(1200 230 510)
CHARLOTTE'S WEB (G) DIG	(115 345) 645
PURSUIT OF HAPPYNESS (PG-13) DIG	(115 415) 700 1035
CASINO ROYALE (PG-13) DIG	815

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

THE QUEEN (PG-13) DIG	(130 415) 730 1015
THE HITCHER (R) - ID REQ'D DIG	(200 500) 745 1000
BABEL (R) - ID REQ'D DIG	(1230 335) 645 950
PRIMEVAL (R) - ID REQ'D DIG	(200 500) 805 1025
ALPHA DOG (R) - ID REQ'D DIG	(115) 715
STOMP THE YARD (PG-13) DIG	(115 400) 730 1015
ARTHUR AND THE INVISIBLES (PG) DIG	(130 415) 645
FREEDOM WRITERS (PG-13) DIG	(1245 345) 700 945
CHILDREN OF MEN (R) - ID REQ'D DIG	(145 430) 800 1030
DREAMGIRLS (PG-13) DIG	(1230 325) 700 1000
THE GOOD SHEPHERD (R) - ID REQ'D DIG	(100)
NIGHT AT THE MUSEUM (PG) DIG	(145 445) 745 1030
CURSE OF THE GOLDEN FLOWER (R) - ID REQ'D DIG	930
CHARLOTTE'S WEB (G) DIG	(100 330)
PURSUIT OF HAPPYNESS (PG-13) DIG	(1245 345) 715 1020
CASINO ROYALE (PG-13) DIG	630 945
THE MAGIC FLUTE: REBROADCAST (NR) DIG	730
OC & DA: ALPHA DOG (R) - ID REQ'D DIG	(400) 1010

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

THE QUEEN (PG-13) DIG	(1255 340) 720 955
THE HITCHER (R) - ID REQ'D DIG	(1200 210 430) 730 945
BABEL (R) - ID REQ'D DIG	(1150 310) 645 950
PRIMEVAL (R) - ID REQ'D DIG	(110 400) 750 1020
ALPHA DOG (R) - ID REQ'D DIG	(1250 410) 700 940
STOMP THE YARD (PG-13) DIG	(1245 330) 715 1000
ARTHUR AND THE INVISIBLES (PG) DIG	(1155 220 445) 740
FREEDOM WRITERS (PG-13) DIG	(1240 345) 640 925
HAPPILY N'VER AFTER (PG) DIG	(1210)
CODE NAME: THE CLEANER (PG-13) DIG	1025
DREAMGIRLS (PG-13) DIG	(1220 320) 710 1005
CHILDREN OF MEN (R) - ID REQ'D DIG	(1230 315) 700 935
THE GOOD SHEPHERD (R) - ID REQ'D DIG	(255) 630
NIGHT AT THE MUSEUM (PG) DIG	(100 350) 735 1015
ERAGON (PG) DIG	755 1020
CHARLOTTE'S WEB (G) DIG	(1140 215 440)
PURSUIT OF HAPPYNESS (PG-13) DIG	(105 405) 650 930

Times For 1/23/07 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2007

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Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE HITCHER (R) ✓ 3:10, 5:20, 7:45, 10:15
ALPHA DOG (R) 1:40, 4:35, 7:40, 10:30
ALPHA DOG (R) DVS CC 1:40, 4:35, 7:40, 10:30
ARTHUR AND THE INVISIBLES (PG) 1:45, 4:10, 6:55
FREEDOM WRITERS (PG13) 1:05, 4:05, 7:05, 9:55
PRIMEVAL (R) 1:15, 4:05, 7:10, 9:45
STOMP THE YARD (PG13) 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00
CODE NAME: THE CLEANER (PG13) 9:40 PM
HAPPILY N'EVER AFTER (PG) 1:05, 3:15
THE GOOD SHEPHERD (R) 2:25, 6:15, 9:50
NIGHT AT THE MUSEUM (PG) 2:35, 5:15, 7:50, 10:25
ROCKY BALBOA (PG) 5:25, 7:55, 10:25
CHARLOTTE'S WEB (G) 1:50
THE PURSUIT OF HAPPYNESS (PG13) 1:20, 4:30, 7:35, 10:20
BLOOD DIAMOND (R) 3:05, 10:15
HAPPY FEET (PG) 1:10, 3:50
THE MAGIC FLUTE: REBROADCAST - NCM EVENT (NR–NOT RATED) 7:30
AMC SELECT
NOTES ON A SCANDAL (R) 1:55, 4:15, 6:50, 9:15
BABEL (R) 2:55, 6:20, 10:00
THE LAST KING OF SCOTLAND (R) 1:00, 3:45, 6:45, 9:35
PAN'S LABYRINTH (R) 1:30, 4:25, 7:20, 10:05
CURSE OF THE GOLDEN FLOWER (R) 6:40, 9:20
CHILDREN OF MEN (R) 2:05, 4:40, 7:15, 10:10
DREAMGIRLS (PG13) 3:15, 4:20, 6:30, 7:30, 9:30, 10:30
THE QUEEN (PG13) 1:25, 3:55, 6:35, 9:05

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

THE HITCHER (R) ✓ 1:40, 4:30, 6:40, 8:45
ALPHA DOG (R) 5:10, 8:30
ARTHUR AND THE INVISIBLES (PG) 4:30, 7:30
PRIMEVAL (R) 5:20, 8:45
STOMP THE YARD (PG13) 1:50, 4:50, 8:30
HAPPILY N'EVER AFTER (PG) 4:40, 7:45
NIGHT AT THE MUSEUM (PG) 2:00, 5:00, 8:15
THE PURSUIT OF HAPPYNESS (PG13) 5:00, 8:15
AMC SELECT
CHILDREN OF MEN (R) 4:50, 8:00
DREAMGIRLS (PG13) 1:30, 4:40, 8:00

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

FREEDOM WRITERS (PG13) 2:40, 5:20, 8:00
PRIMEVAL (R) 1:30, 3:45, 6:00, 8:20
STOMP THE YARD (PG13) 2:15, 4:45, 7:30
THE GOOD SHEPHERD (R) 1:00, 4:25, 7:50
NIGHT AT THE MUSEUM (PG) 3:05, 5:30, 8:05
NIGHT AT THE MUSEUM (PG) DVS CC 3:05, 5:30, 8:05
THE PURSUIT OF HAPPYNESS (PG13) 2:00, 4:40, 7:15
AMC SELECT
CHILDREN OF MEN (R) 2:50, 5:15, 7:50

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

THE HITCHER (R) ✓ 1:00, 3:10, 5:30, 8:15, 10:20
ALPHA DOG (R) 1:40, 4:25, 7:15, 10:15
ALPHA DOG (R) CC 1:40, 4:25, 7:15, 10:15
STOMP THE YARD (PG13) 2:05, 4:55, 7:45, 10:45
THE GOOD SHEPHERD (R) 3:20, 7:00, 10:40
NIGHT AT THE MUSEUM (PG) 2:25, 5:05, 7:50, 10:30
THE PURSUIT OF HAPPYNESS (PG13) 1:35, 4:20, 7:05, 9:50
APOCALYPTO (R) 1:00, 9:55
BLOOD DIAMOND (R) 1:20, 4:15, 7:10, 10:20
CASINO ROYALE (PG13) 3:35, 6:50
AMC SELECT
NOTES ON A SCANDAL (R) 2:00, 5:45, 8:10, 10:35
LETTERS FROM IWO JIMA (R) ✓ 1:00, 4:30, 7:40, 11:00
PAN'S LABYRINTH (R) 1:15, 2:20, 3:55, 6:45, 9:40
CHILDREN OF MEN (R) 2:15, 4:50, 7:30, 10:10
DREAMGIRLS (PG13) 1:10, 4:15, 7:20, 10:25

LOEWS LEXINGTON PARK 6
21882 FDR Boulevard
301-862-5000

THE HITCHER (R) ✓ 5:10, 7:10
PRIMEVAL (R) 5:15, 7:30
STOMP THE YARD (PG13) 4:35, 7:00
NIGHT AT THE MUSEUM (PG) 4:50, 7:15
THE PURSUIT OF HAPPYNESS (PG13) 5:00, 7:35
AMC SELECT
DREAMGIRLS (PG13) 4:30, 7:25

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

THE HITCHER (R) ✓ 1:05, 3:10, 5:15, 7:30, 9:45
ALPHA DOG (R) 1:20, 4:05, 7:10, 9:50
ALPHA DOG (R) DVS CC 1:20, 4:05, 7:10, 9:50
ARTHUR AND THE INVISIBLES (PG) 2:05, 4:45, 7:05
FREEDOM WRITERS (PG13) 1:15, 4:00, 7:05, 9:50
PRIMEVAL (R) 2:25, 5:05, 7:25, 9:45
STOMP THE YARD (PG13) 1:30, 3:20, 4:15, 6:15, 7:20, 9:10, 10:10
CODE NAME: THE CLEANER (PG13) 2:50, 5:10, 7:35, 9:55
HAPPILY N'EVER AFTER (PG) 1:00, 3:25, 5:45
THE GOOD SHEPHERD (R) 8:00
NIGHT AT THE MUSEUM (PG) 2:15, 5:00, 7:35, 10:10
ROCKY BALBOA (PG) 4:40, 9:40
CHARLOTTE'S WEB (G) 2:20, 4:50
ERAGON (PG) 2:10, 7:10
THE PURSUIT OF HAPPYNESS (PG13) 1:35, 4:30, 7:30, 10:15
BLOOD DIAMOND (R) 9:30 PM
AMC SELECT
BABEL (R) 12:55, 3:55, 7:00, 10:05
PAN'S LABYRINTH (R) 1:45, 4:25, 7:25, 10:05
CURSE OF THE GOLDEN FLOWER (R) 7:15, 9:55
CHILDREN OF MEN (R) 2:00, 4:35, 7:00, 9:25
DREAMGIRLS (PG13) 1:25, 4:20, 7:20, 10:15
THE QUEEN (PG13) 1:40, 4:10, 7:15, 9:40

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

THE HITCHER (R) 2:25, 4:45, 7:05, 9:15
ALPHA DOG (R) 1:10, 3:55, 6:40, 9:30
ARTHUR AND THE INVISIBLES (PG) 2:20, 4:55, 7:20
FREEDOM WRITERS (PG13) 1:30, 4:15, 7:00, 9:45
PRIMEVAL (R) 3:00, 5:25, 7:45, 10:05
STOMP THE YARD (PG13) 1:00, 3:40, 6:20, 9:00
CODE NAME: THE CLEANER (PG13) 9:40 PM
HAPPILY N'EVER AFTER (PG) 2:00, 4:10
THE GOOD SHEPHERD (R) 2:40, 6:10, 9:35
NIGHT AT THE MUSEUM (PG) 1:40, 4:20, 6:50, 9:20
THE PURSUIT OF HAPPYNESS (PG13) 1:50, 4:30, 7:10, 9:55
THE HOLIDAY (PG13) 6:15, 9:10
AMC SELECT
LETTERS FROM IWO JIMA (R) 3:05, 6:05, 9:05
PAN'S LABYRINTH (R) 1:20, 4:05, 6:45, 9:25
CHILDREN OF MEN (R) 2:30, 5:00, 7:30, 10:00
CHILDREN OF MEN (R) DVS CC 2:30, 5:00, 7:30, 10:00
DREAMGIRLS (PG13) 1:05, 4:00, 6:55, 9:50

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

THE DEPARTED (R) 4:00, 7:00
HAPPILY N'EVER AFTER (PG) 5:00, 8:10
ROCKY BALBOA (PG) 7:50
CHARLOTTE'S WEB (G) 4:30
ERAGON (PG) 4:50
THE HOLIDAY (PG13) 7:20
BORAT (R) 5:10, 8:00
AMC SELECT
BABEL (R) 4:10, 7:10
CURSE OF THE GOLDEN FLOWER (R) 4:20, 7:30
THE QUEEN (PG13) 4:40, 7:40

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

THE HITCHER (R) 12:30, 3:10, 5:30, 8:00, 10:35
ARTHUR AND THE INVISIBLES (PG) 12:05, 2:20, 4:30
FREEDOM WRITERS (PG13) 1:20, 4:20, 7:20, 10:20
PRIMEVAL (R) 12:45, 3:00, 5:15, 7:45, 10:25
STOMP THE YARD (PG13) 12:05, 1:05, 3:05, 4:05, 6:05, 7:05, 9:00, 10:05
CODE NAME: THE CLEANER (PG13) 7:10, 9:40
HAPPILY N'EVER AFTER (PG) 12:20, 2:30, 4:40
NIGHT AT THE MUSEUM (PG) 2:25, 4:55, 7:25, 9:55
THE PURSUIT OF HAPPYNESS (PG13) 1:15, 4:15, 7:15, 10:15
BLOOD DIAMOND (R) 7:00, 10:10
HAPPY FEET (PG) 1:35, 4:10
AMC SELECT
THE LAST KING OF SCOTLAND (R) 12:50, 3:50, 6:50, 9:50
DREAMGIRLS (PG13) 1:35, 4:35, 6:35, 7:35, 9:30, 10:30

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

THE GOOD SHEPHERD (R) 3:30, 7:00
AMC SELECT
BABEL (R) 4:00, 7:20
CHILDREN OF MEN (R) 5:00, 7:45
THE HISTORY BOYS (R) 4:30, 7:10
LITTLE CHILDREN (R) 4:40, 7:30

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT
DREAMGIRLS (PG13) 2:00, 5:00, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

THE HITCHER (R) ✓ 12:50, 3:00, 5:10, 7:45, 10:00
ALPHA DOG (R) 1:55, 4:40, 7:25, 10:05
ARTHUR AND THE INVISIBLES (PG) 12:50, 3:10, 5:35, 8:00, 10:15
FREEDOM WRITERS (PG13) 1:15, 4:10, 7:15, 10:00
PRIMEVAL (R) 1:00, 3:15, 5:30, 8:05, 10:20
STOMP THE YARD (PG13) 1:30, 4:20, 7:30, 10:10
THE GOOD SHEPHERD (R) 1:10, 5:05, 8:40
NIGHT AT THE MUSEUM (PG) 12:55, 2:05, 3:20, 4:35, 5:50, 7:05, 8:20, 9:35, 10:45
THE PURSUIT OF HAPPYNESS (PG13) 1:40, 4:25, 7:15, 9:55
BLOOD DIAMOND (R) 1:25, 4:30, 7:35, 10:40
CASINO ROYALE (PG13) 1:05, 4:15, 7:20, 10:30
AMC SELECT
LETTERS FROM IWO JIMA (R) ✓ 1:20, 4:25, 7:35, 10:40
PAN'S LABYRINTH (R) 1:50, 4:55, 7:50, 10:25
CHILDREN OF MEN (R) 1:35, 4:05, 7:00, 9:30
CHILDREN OF MEN (R) DVS CC 1:35, 4:05, 7:00, 9:30
DREAMGIRLS (PG13) 1:45, 4:45, 7:40, 10:35

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE HITCHER (R) ✓ 5:45, 8:10
ARTHUR AND THE INVISIBLES (PG) 4:10, 7:10
FREEDOM WRITERS (PG13) 4:35, 7:40
PRIMEVAL (R) 4:20, 7:20
STOMP THE YARD (PG13) 4:50, 8:00
CODE NAME: THE CLEANER (PG13) 5:45, 8:10
HAPPILY N'EVER AFTER (PG) 5:40, 8:10
BLACK CHRISTMAS (R) 7:00
NIGHT AT THE MUSEUM (PG) 5:10, 8:00
CHARLOTTE'S WEB (G) 4:15
THE PURSUIT OF HAPPYNESS (PG13) 4:45, 7:45
AMC SELECT
CURSE OF THE GOLDEN FLOWER (R) 4:40, 7:50
DREAMGIRLS (PG13) 4:30, 7:40

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

ALPHA DOG (R) 4:00, 6:45, 9:30
FREEDOM WRITERS (PG13) 5:25, 8:00, 10:30
PRIMEVAL (R) 5:40, 7:50, 10:20
NIGHT AT THE MUSEUM (PG) 5:20, 7:40, 10:10
THE PURSUIT OF HAPPYNESS (PG13) 5:00, 7:30, 10:00
AMC SELECT
NOTES ON A SCANDAL (R) 5:10, 7:20, 9:25
BABEL (R) 7:10
CURSE OF THE GOLDEN FLOWER (R) 4:30, 10:15
CHILDREN OF MEN (R) 4:40, 7:00, 9:20

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
NOTES ON A SCANDAL (R) 2:20, 4:40, 7:40, 9:40
VOLVER (R) 1:40, 4:20, 7:20, 9:50
BABEL (R) 4:30, 10:00
LETTERS FROM IWO JIMA (R) 1:50, 4:30, 7:10, 9:50
PAN'S LABYRINTH (R) 1:30, 4:10, 7:00, 9:30
THE PAINTED VEIL (PG13) 2:10, 4:50, 7:30, 10:00
THE QUEEN (PG13) 1:40, 3:50, 7:10, 9:20
LITTLE CHILDREN (R) 1:50, 7:20

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
301-729-6633

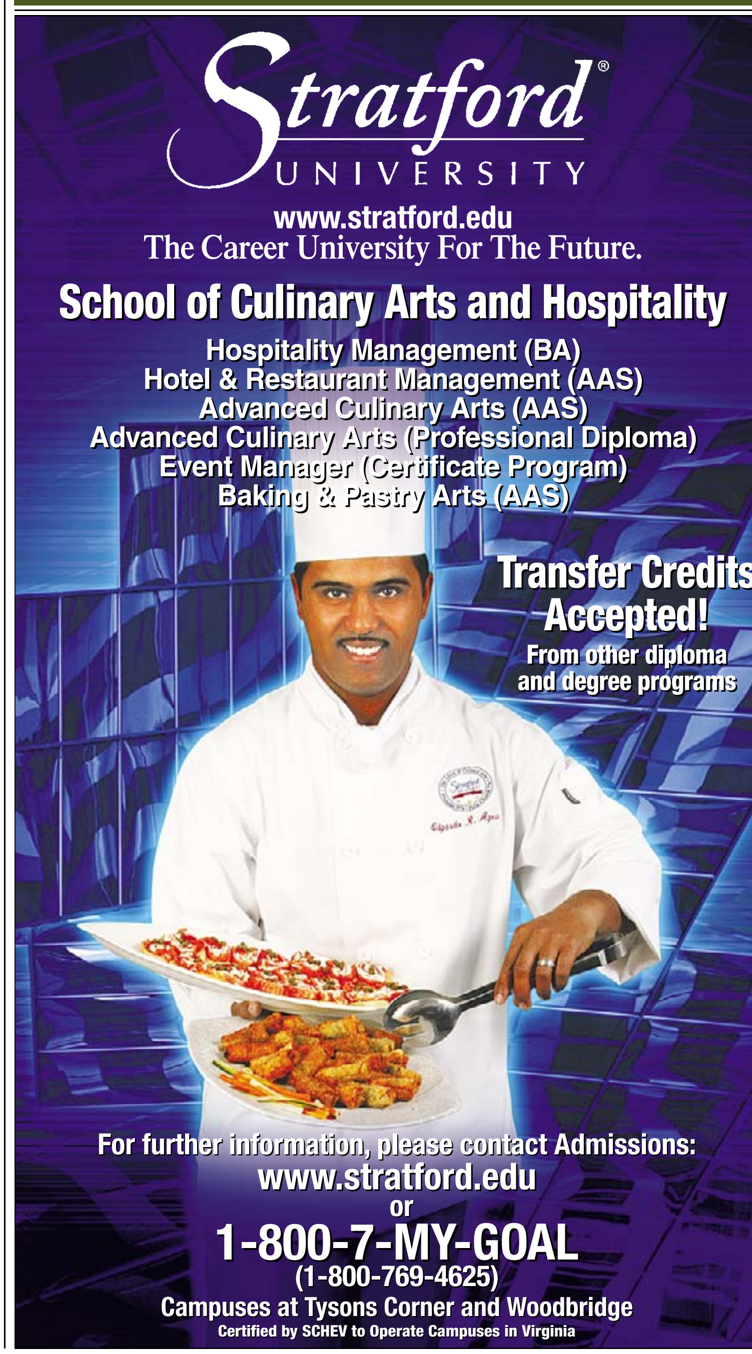
THE HITCHER (R) ✓ 5:30, 8:15
ARTHUR AND THE INVISIBLES (PG) 5:40, 8:15
STOMP THE YARD (PG13) 5:10, 7:45
NIGHT AT THE MUSEUM (PG) 5:20, 8:00
NIGHT AT THE MUSEUM (PG) DVS CC 5:20, 8:00
THE PURSUIT OF HAPPYNESS (PG13) 5:10, 7:45
AMC SELECT
DREAMGIRLS (PG13) 5:10, 8:00

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

FREEDOM WRITERS (PG13) 2:00, 4:30, 7:15
THE GOOD SHEPHERD (R) 2:45, 6:25
NIGHT AT THE MUSEUM (PG) 2:15, 4:45, 7:10
THE PURSUIT OF HAPPYNESS (PG13) 2:10, 4:50, 7:20
AMC SELECT
BABEL (R) 2:45, 7:00

Times for Tuesday, January 23, 2007

✓-SPECIAL ENGAGEMENT No passes or discount coupons   CC - Closed Captioning · DVS - Descriptive Video Service



Television

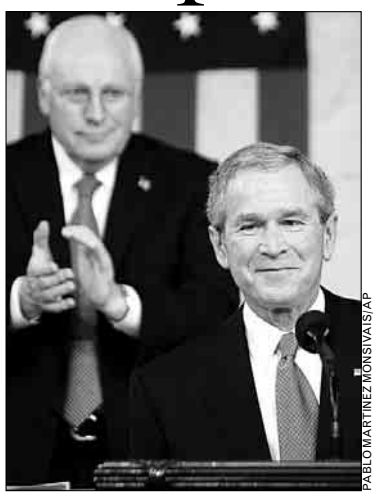
DR. MELFI SHOULD SUE: HBO has signed on for 40 episodes of "In Treatment," a half-hour drama starring Gabriel Byrne as a therapist — who also sees a therapist. The show's based on the heralded Israeli series of the same name.

Politics as a Sport

The State of the Union can be entertaining TV — if you play along

EARMARKED | The State of the Union address (9 p.m.) may not be as sexy as "Grey's Anatomy" or pack the ratings wallop of "American Idol," but I never miss it. I like to think of the speech as the Super Bowl for the C-SPAN set.

I can all but guarantee that somewhere in tonight's speech the president will utter the words "Pell grants." They always seem to come up. Other inelegant phrases you can look forward to: "discretionary spending," and the even sexier "nonsecurity discretionary spending." Things will be "earmarked."



PABLO MARTINEZ MONSIVAIS/AP

'MERICA: Will George Bush butcher the language tonight? Keep count at home!

With a handful of networks, cable news stations, C-SPAN and a billion bloggers following these things, you'd figure someone would be keeping score. I propose that C-SPAN, Sci Fi and Comedy Central pool their talents to create a "Mystery Science Fiction 3000" of State of the Unions past and present. Rerun last year's speech and provide commentary about the fate of past proposals.

If this works out, perhaps other basic-cable networks could take a crack at it. Picture Joan and Melissa Rivers loitering on the Capitol steps, buttonholing the powerful and screeching, "Dennis Hastert! What are you wearing?"

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

OLD-TIME PEOPLE WERE SMART

While most of us think of our ancient ancestors as living a pretty low-tech lifestyle, the folks behind the new series **ANCIENT DISCOVERIES** (9 p.m., History) beg to differ. They contend that ideas behind robots, skyscrapers, helicopters and other gadgets date back hundreds if not thousands of years. Tonight's hour-long installment focuses on the siege of Troy and some of the remarkably modern weapons and tactics employed in that struggle. Next week's offering, "Ancient Cars and Planes," documents a Chinese "wind car" from the sixth century that traveled at 30 miles per hour.

BEALE STREET BLUES

AMERICAN IDOL (8 p.m., Fox) holds auditions in Memphis, Tenn.

WILD DREAM FILMS

TROJAN TALES: "Ancient Discoveries" tracks the fall of Troy to octopus sails.

SIMIANS AND SLEUTHS

A research lab needs help with the case of the missing monkey on **VERONICA MARS** (9 p.m., CW) Monkeys — even missing ones — equal must-see TV. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

1.23.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Dateline NBC "'Til Death Do Us Part"		State of the Union President Bush's State of the Union speech. (S Live)				News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	American Idol "Week 2A: Auditions 3"		State of the Union (S Live)			News		News
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	America's Funniest Home Videos		State of the Union President Bush's State of the Union speech. (S Live)				News	(:35) Nightline
	WUSA 9	News	Evening News	News	Entertainment	NCIS "Sharif Returns" (N)		State of the Union President Bush's State of the Union speech. (S Live)				News	Late Show
	WDCA 20	Scrubs	Scrubs	Judge Joe Brown	Judge Judy (N)	Wicked Wicked Games (N)		Watch Over Me (N)		The Tyra Banks Show Gay guests.		Still Standing	Still Standing
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Arctic Passage: Ice Survivors"		State of the Union (Live)			Windsor Castle: A Royal Year		Sleeping-Fires
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Arctic Passage: Ice Survivors"		Stonehenge		Frontline "The Meth Epidemic"		Charlie Rose (N)	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! (DVS)		Living-Spirit	Best Friends	BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls "Santa's Secret Stuff"		Veronica Mars (N)		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	CSI: Miami "Whacked"		CSI: Miami "Wet Foot/Dry Foot"		CSI: Miami "Just One Kiss"		Bounty Hunter	Bounty Hunter	Dog: The Family Speaks		Bounty Hunter	Bounty Hunter
	Animal	The Crocodile Hunter		The Most Extreme Deadly snakes.		The Most Extreme "Diggers"		Ants! Nature's Secret Power		Animal Cops Houston "Trouble"		The Most Extreme "Diggers"	
	BET	106 & Park: BET's Top 10 Live Oscar nominations. (N)			One Night Only	"Getting Played" (2005) Carmen Electra, Stacey Dash, Vivica A. Fox.				Comicview		Jamie Foxx	Jamie Foxx
	Bravo	Real Housewives		★★★ "The Princess Bride" (1987) Cary Elwes, Robin Wright.				Real Housewives		Real Housewives		Top Chef "Sense and Sensuality"	
	Comedy	(5:00) ★ "2001: A Space Travesty"		Scrubs "My Fault"	Scrubs	Daily Show	Colbert Report	Chappelle's Show	South Park	John Pinette: I'm Starving		Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Cops	Most Shocking "Criminal Behavior 2"		LA Forensics	North Mission
	Discovery	It Takes a Thief "High Seas"		How It's Made	How It's Made	Really Big Things (N)		Dirty Jobs Barrel making. (N)		Most Deadly "Mountains" (N)		Dirty Jobs "Vexcon"	
	DISCH	Code Blue "Rite of Passage"		Impact: Stories of Survival		Quints by Surrogacy		Surviving Sextuplets and Twins		Surviving Sextuplets and Twins		Quints by Surrogacy	
	Disney	Phil of the Future	That's So Raven	Phil of the Future	Zack & Cody	★★ "The Country Bears" (2002, Comedy) Christopher Walken.				Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	High 90210	High 90210	E! News (N)	The Daily 10 (N)	Dr. 90210 Dr. Rey travels.		Girl Next Door	Girl Next Door	Love Ride	The Soup	E! News	The Daily 10
	FX	King of the Hill	King of the Hill	That '70s Show	That '70s Show	★★ "The Stepford Wives" (2004) Nicole Kidman, Matthew Broderick.				Dirt (N)		(:04) Dirt	
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me	Decorating Cents	24 Hour Design	House Hunters	Buy Me	House Worth?	Hidden Potential
	Family	Everwood "An Ounce of Prevention"		Smallville "Tomb"		★★ "Big Fat Liar" (2002, Comedy) Frankie Muniz, Paul Giamatti.				Whose Line?	Whose Line?	The 700 Club	
	History	Modern Marvels: Horsepower		Plumbing: The Arteries of Civilization		Lost Worlds "The Real Dracula"		Ancient Discoveries "Siege of Troy"		Man, Moment, Machine		Modern Marvels: Extreme Aircraft	
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	★★ "Devil's Pond" (2003, Suspense) Kip Pardue, Tara Reid. Premiere.				Will & Grace	Will & Grace
	MTV	Exposed (N)	Exposed	Sucker Free	Next	Next	Next	Next	Next	Road Rules	Maui Fever	Exposed	Exposed
	NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	SpongeBob	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne
	SCIFI	Stargate SG-1 "Exodus"		Dead Like Me "Ghost Story"		Dead Like Me "The Shallow End"		Eureka "Many Happy Returns"		ECW (Live)		(:05) The Dresden Files	
	SPIKE	Star Trek: Voyager "Alliances"		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "Outside Man"	
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends	Friends	Sex and the City	Sex and the City
	TLC	Property Ladder Helping a twin.		Sports Disasters		Overhaulin' 1967 Chevy Chevelle.		American Chopper		Miami Ink "Battle of the Apprentices"		Miami Ink "Saver vs. Spender"	
	TNT	Without a Trace "Blood Out"		Without a Trace "Patient X"		Without a Trace "Rage"		Without a Trace "Odds or Evens"		The Closer "Critical Missing"		Cold Case "Ravaged"	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent "F.P.S."		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Criminal Intent	
	VHI	100 Greatest Teen Stars Teens 60-41.		100 Greatest Teen Stars Teens 40-21.		100 Greatest Teen Stars Teens 20-1.		Lindsay's Shocking Moments		Fabulous Life Of... (N)		Shoot Sizemore	Lindsay-Shock
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco (N)		Marina (N)		Amor Mio (N)	Amor Mio	Decisiones		Noti-Telemndo	12 Corazones
	UNIV	Que Locura	Noticiero Univ	Duelo de Pasiones		La Fea Más Bella (N)		Mundo de Fieras (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)		College Basketball Indiana at Illinois. (Live)				College Basketball Alabama at Auburn. (Live)				SportsCenter (Live)	
	ESPN2	Tennis: Australian Open		2005 World Series of Poker		NBA Coast-to-Coast (Live)				Tennis Australian Open -- Men's and Women's Quarterfinals. (Live)			
	CSN	Totally Football	SportsNite	NBA Basketball Phoenix Suns at Washington Wizards. From Verizon Center in Washington, D.C.					Wizards Post.	SportsNite (Live)		ACC All-Access	Basketball
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		State of the Union President Bush's State of the Union speech. (Live)				Hannity & Colmes (Live)	
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		State of the Union President Bush's State of the Union speech. (Live)				Warrior Nation "Strike Force" (N)	
MOVIES	AMC	(5:30) ★★★ "Jeremiah Johnson" (1972, Adventure) Robert Redford. 'PG'				★★★★ "Dances With Wolves" (1990, Western) Kevin Costner, Mary McDonnell, Graham Greene. A Union officer befriends the Lakota. 'PG-13'							
	TCM	Boston Blackie	★★ "Angels Over Broadway" (1940) Premiere. 'NR'			★★ "Danger Lights" (1930, Drama) Jean Arthur. 'NR'			★★ "Public Hero No. 1" (1935) Lionel Barrymore. 'NR'			(:15) ★★ "Party Wire" (1935) 'NR'	
	HBO	★★★ "Chicken Run" (2000) Voices of Mel Gibson. 'G'			★★ "The Wedding Date" (2005) Debra Messing. 'PG-13'			The Sopranos "Join the Club"		★★★ "Wedding Crashers" (2005, Comedy) Owen Wilson. 'R'			
	MAX	★★ "Prime" (2005) Meryl Streep. 'PG-13'			(:45) ★★★ "Syriana" (2005, Drama) George Clooney, Matt Damon, Jeffrey Wright. 'R'					★★ "Doctor Dolittle" (1998) Eddie Murphy. 'PG-13'			Genie in String
	SHOW	Rever. Fortune	★★ "Game 6" (2005) Michael Keaton. iTV. 'R'			★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg. iTV. 'R'				Masters of Horror Edgar Allan Poe.		The L Word (iTV) Tina throws a party.	
	TMC	The Big Heat 'NR'	★ "The Dust Factory" (2004) Armin Mueller-Stahl. 'PG'			(:15) ★★ "Meet the Applegates" (1990) Ed Begley Jr.			(:45) ★★ "Saw" (2004, Horror) Cary Elwes, Danny Glover. 'R'				Suicide Kings 'R'
	STARZ!	(5:15) ★★★ "Kung Fu Hustle" 'R'		(:05) ★★ "The Hitchhiker's Guide to the Galaxy" (2005) Martin Freeman.				★★ "An Unfinished Life" (2005, Drama) Robert Redford. 'PG-13'				★★ "The Libertine" (2005) 'R'	
	ENCORE	(5:05) ★★★ "The Horse Whisperer" (1998) Robert Redford. 'PG-13'				★★ "Weekend at Bernie's" (1989) Andrew McCarthy.			(:45) ★★ "Weekend at Bernie's II" (1993) 'PG'			(:15) ★★★ "Pretty Woman" (1990)	

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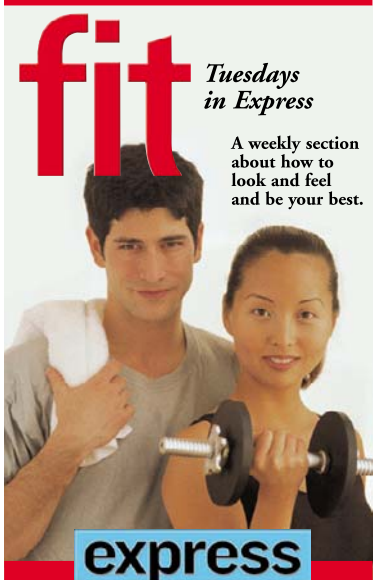

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This experimental vaccine does not cause HIV infection.

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www.hivresearch.org/clinical-trials

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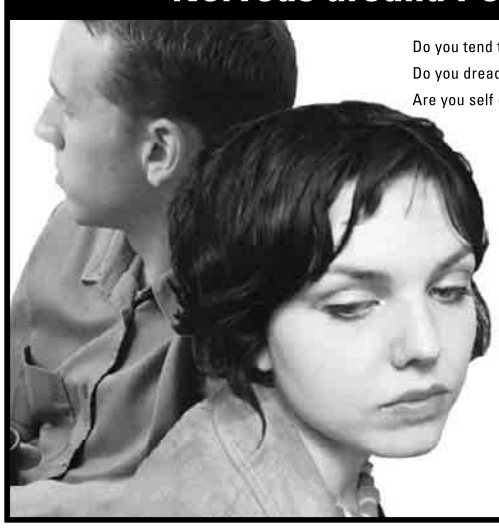

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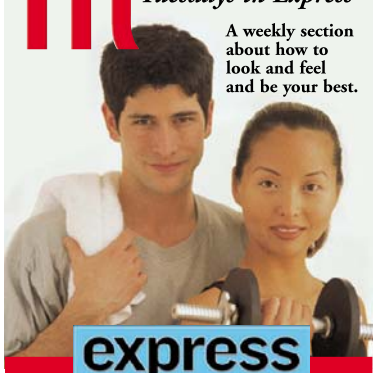
A weekly section about how to look and feel and be your best.



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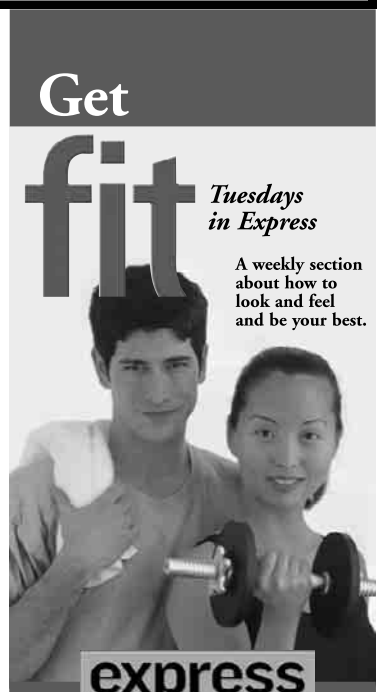

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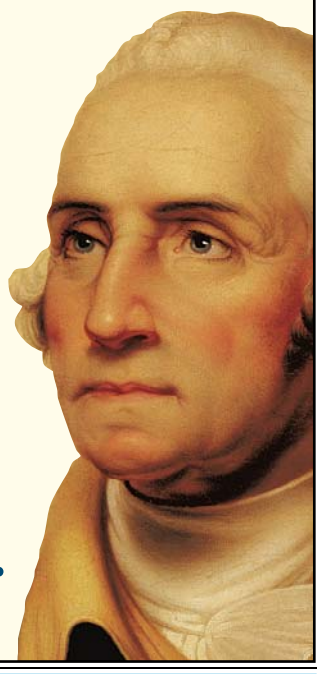

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Dupont Circle—lg furn one-bdr Eng bsmt apt, street level, new renov, hwd floors, WD, DW, microwave, patio/grill, cable, maid service, 2 blks metro, 1331 21st, $1650 incl util, avl now, 202-466-4444.

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FORD '04 F150 LARIAT—4-dr super cab, maroon, fully loaded, DVD, TV, 22" chrome rims, loaded, too many extras to list, 70K mi., $22,900 firm. 703-317-7772

Ford 2003 Ranger—$11,200, Supercab, 1-owner, 22k mi, 2000 below bluebook, 4L eng, silver, 4dr, bed liner & cvr, 703-435-4347

Ford '02 Explorer—$14000, excellent cond, 66k mi, Dark Green ext, Leather int, 4 dr, lthr int, 540-937-0616. Ask for Jason.

FORD '01 E250— Exclnt Cond! Roof Rack. Int Racks. Low Mls. Asking $5500 703-671-9193

Ford 2000 F150—$9,300.00, good cond, 101k mi, Silver ext, Gray int, 3 dr, alloy wheels, cass, buckets, abs, 703-675-2788

Ford 1999 Econoline—HANDICAP EQUIP VAN $13.5K obo, very good mech cond, 108.5K, deep red ext, tan int, abs, air ps, NEW BRAUN DUAL POST LIFT, HAND CNTRL, 6 WAY SEAT, AUTO DRS 703-818-9499

Honda 2005 Accord—Hybrid,$19900 obo, excellent cond, 43k mi, nav, XM, Blue-Gray ext, Gray int, 4 dr, all pwr, 703-237-1298

IF YOU HAVE BEEN TURNED DOWN WHEN ATTEMPTING TO BUY A CAR —Because of Credit Problems. Give Anthony a call 240-671-2589

JUNK VEHICLES REMOVED FREE Cash paid for some 202-714-9835

Lincoln 1994 Continental—$2950 obo, garage-maintained cond, 71k mi, Red ext, Grey int, 4 dr, mem seats, mnrf, lthr int, 703-231-5956

Mercedes-Benz 2004 S-Class—'04' S600 V12-mint cond. 22K mi. all options inc. 4 seat pkg. a steal at $66,000-must sell-avail. weekends in N. Va. to see. (was 145k new). Call 717-880-6613/334-0297.

MERCEDES 03 S600 V12 AMG—Green ext, Champag int, Nsmkr, 53k, Garg kpt, Excel cond. $46,500. **202-257-8833**

Mercedes-Benz '00 SLK—$16000, limited ed 2 dr conv, exc cond, auto, black ext, black/tan lthr int, alloys, sound sys, loaded, 77k mi, 202-497-8050

MERCEDES 94 S500 AMG Cpe—Blk, Gry int, 130k, New tires, Excel Cond, N/S, Oil chng/brks, Insp, Lorenzo Whls. $14,500. **202-257-8833**

MERCEDES '91 300 SE—Very clean, grag kpt, like new, char gry, 80K 6-CD Chgr, Mint Cond.! $6900. 703-447-2115

NISSAN '93 SENTRA—Auto, 2DR, runs great. $1,-400. 202-744-7187.

TOYOTA '96 Landcruiser—Wht, lthr, CD, AM/FM, excel cond., 126k miles. $8,900. Call 703-447-2115

VW '03 Passat—$13990, excellent cond, 85k mi, Black ext, Tan int, 4 dr, mem seats, htd seats, mnrf, lthr int, rcvd 80k srvc, 703-501-0320

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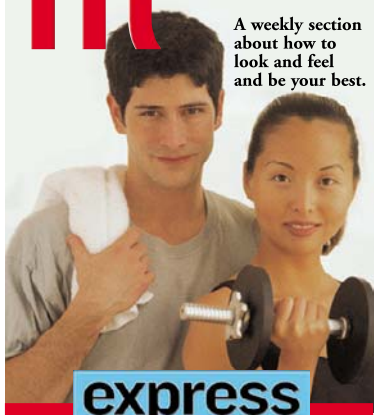
BOATS AND AVIATION

Four Winns 22' Horizon 2005—$28,000 obo, 44k new, Galv. Trailer, options, 280 HP Volvo 5.7L 110 hours, all covered, excellent cond, White, 410-924-3045

Get fit
Tuesdays in Express
A weekly section about how to look and feel and be your best.



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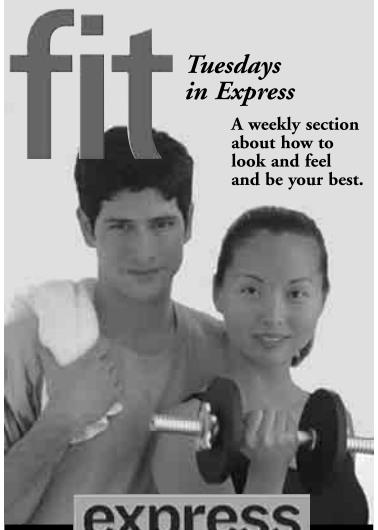

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XX142 1x3.75

fashion forward
Weekend Styles.
Every Friday
express
XX264 1x2

WeekendPass. Noteworthy. Thursday.

The Smithsonian's National Museum of the American Indian and The Smithsonian Associates present the U.S. premier of

Here on Earth

"It's both original and aboriginal"
-The Toronto Star

A contemporary choreographic work that explores the spiritual connection to the land and draws on the Iroquoian Creation Story

Choreography by **Santee Smith**
(Mohawk Nation, Turtle Clan)

Performed by the
Kaha:wi Dance Theatre

This weekend!
Fri., January 26, 7:30 p.m.
Sat., January 27, 7:30 p.m.

Tickets: $20-$25
For tickets, call **(202) 357-3030**
or visit **www.residentassociates.org**
Made possible with support
by the Embassy of Canada

National Museum
of the American Indian
Rasmuson Theater
4th St and Independence Ave SW
Metro: L'Enfant Plaza
www.americanindian.si.edu

Smithsonian
National Museum of the American Indian

Being prepared in case of a disaster is one of the most important steps you can take to ensure your well-being and that of your family. Be prepared to help yourself, your neighbors and your community. Contact **1-800-VOLUNTEER** or log on to **www.1800volunteer.org** to learn more about how to help your community. Your neighbors are counting on you.

www.volunteerfairfax.org

Volunteer Fairfax

DON'T WAIT UNTIL A DISASTER IS DECLARED

Get trained by one of these groups to be ready to help in case of disaster:

- The Medical Reserve Corps
- Volunteers in Police Service
- Community Emergency Response Team
- Fire Corps
- Neighborhood Watch
- Volunteer Mobilization Leadership Team

VOLUNTEER TODAY

BE PART OF THE SOLUTION AND FIND A VOLUNTEER OPPORTUNITY NEAR YOU. Contact Volunteer Fairfax, a member of the Greater Washington Metro Coalition of Volunteer Centers, at **1-800-VOLUNTEER** or log on to **www.**

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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

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Paris Free: Probation, classes for Hilton | 38

Homegrown Power

LOWELL HANDLER/AP

POWER PLAY: John and Anna Bagnall watch their net meter. When it runs backwards, it means they are producing power.

Energy

By going green, home owners turn the tables on utlilties

When the sun shines bright on their home in New York's Hudson Valley, John and Anna Bagnall live out a homeowner's fantasy. Their electricity meter runs backward.

Solar panels on their barn roof can often provide enough for all their electricity needs. Sometimes their solar setup actually pushes power back into the system. The Bagnalls "net meter," a state-sanctioned setup that allows homeowners to adopt renewable energy without taking the more radical step of disconnecting from their local electric utility, Central Hudson Gas & Electric.

Net metering essentially allows people to become mini-power producers. Programs vary state to state, but they are typically coupled with financial incentives that make it easier to invest thousands of dollars for photovoltaic panels, windmills or fuel cells.

Since sun and wind are intermittent, customers still rely on the grid for steady service. The meter runs backward when more energy is produced than a customer consumes.

"When they first put this in, it ran backward more than forward," said John Bagnal. "Even with a hazy sun ... we're producing electricity."

Advocates see net metering as an environmental twofer: It promotes green energy and reduces the strain on the power grid. But the number of people investing in solar panels or wind turbines has been relatively small so far, despite the selling point of being able to turn the table on electric utilities.

Federal legislation requires states to consider adopting net metering standards by 2008, though programs are already in place in more than 40 states, according to the Interstate Renewable Energy Council. California is king when it comes to net metering, accounting for 86 percent of the 15,200 customers tallied nationwide in 2004 by the Network for New Energy Choices, a New York City-based renewable energy advocacy group.

While only a tiny sliver of eligible customers net meter nationwide, the number of participants has picked up quickly in the last few years, said Chris Cooper, the network's executive director. He expects the trend to continue. "Sun and wind, which used to be the purview of the crunchy, green left, are now pretty much mainstream," Cooper said.

Still, Cooper complained that burdensome paperwork, Byzantine rules and caps on the amount of renewable power any single customer can produce discourages participation in too many states. Also, many people don't even know programs exist, since neither government nor industry is making a big advertising push.

The Edison Electric Institute, which represents utilities nationwide, does not oppose net metering but noted that in many states, excess energy is sold back to utilities at retail rates, not wholesale. That amounts to a subsidy for net meterers, utilities claim.

> "Even with a hazy sun ... we're producing electricity."
>
> JOHN BAGNAL, NEW YORK

But the biggest obstacle for most would-be net meterers is the startup cost.

Prices vary depending on how big a system is installed, but prices in the $8,000 range are common. New York offers rebates based on wattage that shave thousands off the costs, and there are tax credits from the state and the federal government, according to John Wright of Hudson Valley Clean Energy, which installs the systems.

Wright said systems can provide 80 to 90 percent of a home's electricity, so they are able to pay for themselves usually in 10 to 12 years. MICHAEL HILL (AP)

LOOK out

Games With Attitude

Editorializing

Designers develop video games with an open political agenda

Ian Bogost takes some of the fun out of video games — and replaces it with opinion.

The Georgia Institute of Technology professor creates games — or "playable editorial cartoons," as he calls them — that are packed with political messages.

One he created just after liquids were banned from carryon baggage pits players as a frustrated airport screener faced with an ever-changing set of rules. Another challenges gamers to double the price of crude oil by afflicting a fantasy land with a series of natural disasters.

Just as the documentary developed as a potent force within the film industry, Bogost is among a growing number of designers who develop video games that focus and comment on the world's social and political ills.

> "I'm not against fun. I like to play the same video games everyone else does. But I don't believe that video games have to be fun."
>
> **IAN BOGOST**, PERSUASIVE GAMES

"I'm not against fun. I like to play the same video games everyone else does. But I don't believe that video games have to be fun," Bogost said.

The games don't quite carry the same weight as opinion pieces in traditional media. But their creators say they can still carry a punch as they force players to consider serious issues, such as security policy or the volatile price of gasoline.

The genre's financial potential is no joke, advocates say. The Serious Games Initiative, a group formed to encourage more substantive games, estimates players and developers spend more than $60 million on the games each year and that developers will be doling out at least $300 million to create and market the games within five years.

GENE BLYTHE/AP

Ian Bogost, a Georgia Tech professor, produces games with political messages.

Developers have pumped out a stream of titles that let gamers relive classic battles or pit heroes against terrorists and other evils. Although there's always been a political element to traditional games, many developers have been reluctant to express overt political or social messages for fear they would alienate potential customers.

Developers typically make money by contracting with a corporation or a nonprofit. Some take a share of the revenue from ads that run before each game is loaded.

One of the more scathing offerings is "McDonald's Video Game," the creation of an Italian firm called Molleindustria that batters the burger chain by allowing gamers to raze villages, manipulate public opinion and bribe health officials and politicians.

Developers also may play a greater role in the next election cycle, hoping for a greater share of the more than $2.6 billion that was spent reaching out to voters during the midterm election.

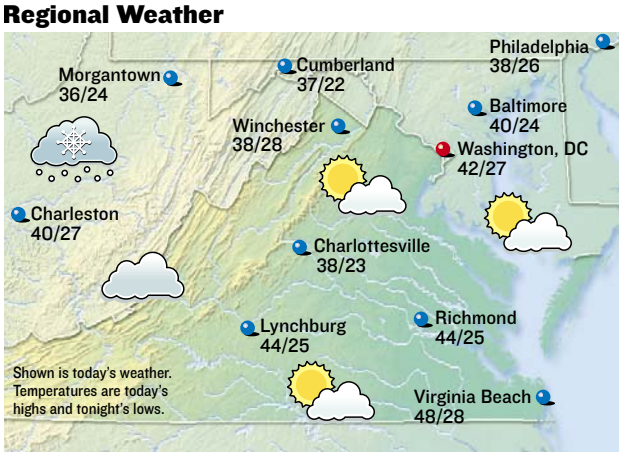
Bogost is among the few to have already ventured into the niche with his company, Persuasive Games.

Its first creation, Howard Dean for Iowa, was released in December 2003 as the Vermont Democrat's presidential campaign reached its peak. Roughly 100,000 gamers logged on to play political strategists who had to choose where to send volunteers and how many voters to pester before the election. The game does not decide winners and losers, instead displaying the number of potential voters reached at the end. GREG BLUESTEIN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy	Partly sunny	A snow shower possible	Partly sunny, flurries	Mostly sunny
42°	27°	41° / 28°	38° / 20°	29° / 21°	39° / 29°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	34°
Low	30°
Normal high	42°
Normal low	27°
Average humidity	90%

Precipitation

24 hours ending 4 p.m.	0.29"
Month to date	2.42"
Normal month to date	2.31"
Year to date	2.42"
Last year to date	2.01"
Normal year to date	2.31"

For up-to-the-minute weather, see: **washingtonpost.com/weather**

Regional Forecast

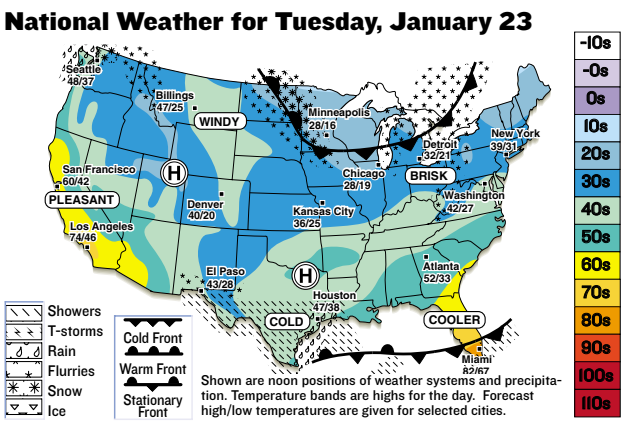
D.C. Metro: Today, mostly sunny. High 42. Wind northwest 7-14 mph. Tonight, partly cloudy. Low 27. Wind west-northwest 4-8 mph.

Sun and Moon

Sunrise today	7:22 a.m.
Sunset tonight	5:19 p.m.
Moonrise today	9:58 a.m.
Moonset today	10:48 p.m.

First	Full	Last	New
Jan 25	Feb 2	Feb 10	Feb 17

National Weather for Tuesday, January 23



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	52/33/pc	54/33/c
Boston	32/24/sf	34/22/pc
Chicago	28/19/c	30/17/sf
Dallas	50/33/c	54/33/c
Denver	40/20/pc	51/25/s
Honolulu	79/67/pc	79/67/pc
Los Angeles	74/46/s	76/49/s
Miami	82/67/pc	77/66/pc
New York City	39/31/pc	39/24/pc
Orlando	70/50/c	67/47/c
Seattle	48/37/c	50/36/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	42/36/sh	41/36/c
Athens	64/50/pc	63/48/s
Berlin	36/26/pc	36/23/sf
Buenos Aires	86/70/pc	90/72/pc
Calgary	42/28/pc	48/28/pc
Dublin	41/36/sh	43/28/pc
Geneva	44/32/r	33/15/sn
Moscow	28/18/sf	21/21/c
Rome	56/46/sh	52/39/pc
Sydney	82/74/pc	76/72/t
Tokyo	50/35/pc	50/41/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

From Catwalk to Classroom

Super-stylish babies and toddlers sport high-end clothing

File under Fad

Will it be the Earnest Sewn jeans, a Splendid top or a Lucy Sykes dress in a Liberty of London print?

That's the fashion decision facing many toddlers this morning. Yes, toddlers.

We've entered an age of mini-me dressing, with parents — particularly well-to-do and fashion-savvy parents — buying their children the labels, or at least the styles, they like to see on themselves.

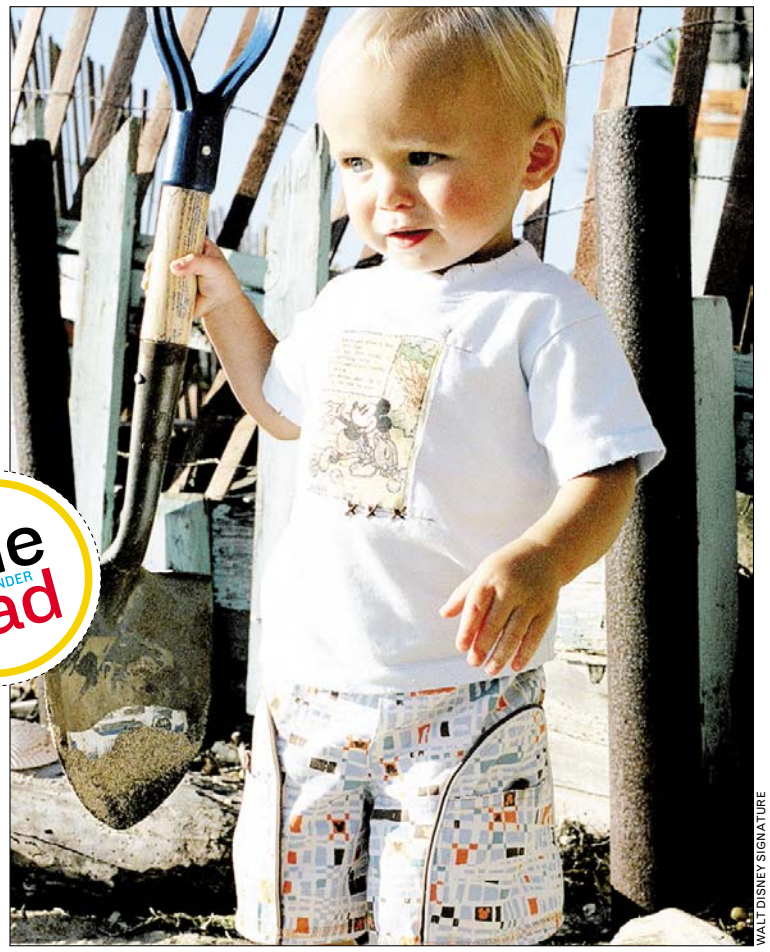
Lucy Sykes, the jet-setting Manhattan socialite, freelance writer and designer of trendy tot togs, says that her splurges on her own 3 ½-year-old son include a cashmere gray hoodie, Ferragamo trainers and those Earnest Sewn jeans that cost upward of $100.

"My husband says, 'My son has better jeans than me!'" Sykes recalled with a laugh.

But even the splurges are usually for practical items, she says, like the jeans that he wears several times a week. "I buy things that get worn. They're so expensive, I want to get use out of it."

Sykes notes that the four pairs of Tod's shoes her son had when he was an infant were all gifts. "They're gorgeous but babies can't even walk yet," she observed. "They come from people who aren't parents."

Most of the time, though, it's the mothers who are fueling these purchases, although Deanna Inniss, owner of Freckle Face Boutique in Milwaukee's historic Third Ward neighborhood, has had pint-size shoppers as young as 2 offer their own opinions. More often than not, children feel more strongly about what they don't like, she says.



WALT DISNEY SIGNATURE

A look from the Walt Disney Heritage Collection. Those nice, clean shorts are $45.

Nest onsies; other Nest items are available at Piccolo Piggies; 1533 Wisconsin Ave. NW; 202-333-0123

But it's not hard for mother and child to agree on something like a Splendid Littles T-shirt, Inniss reports. It's made from super-soft modal and pima cotton, which feels good against anyone's skin, regardless of age. Sure, a T-shirt costs $28 at Freckle Face, but the mother is used to paying double that for the adult version.

Modern parents see their children as representatives of a lifestyle they've worked hard to achieve, says Pilar Guzman, editor-in-chief of Cookie magazine, so it's no surprise that manufacturers and marketers recognize this link, too.

She points to the varied — and sometimes unexpected — labels that offer children's clothes: Burberry, Ralph Lauren, DKNY, Diesel and Roberto Cavalli. "Cavalli's surprising because it's a very adult and rock 'n roll brand, but it's fitting because even rock stars have kids."

Uniqueness is what Cristie Schrader strives for with her label Nest, a year-old Seattle-based company.

"We do want to offer pieces that parents can keep as an heirloom," Schrader said. That means a combination of timeless, sophisticated designs and quality materials and construction. "You want to buy something for your oldest child and have it last for your little one," she added.

Among Nest's best-sellers are an eyelet wrap dress, a toddler trench coat and a tunic-style cotton onesie for babies. The onesie she described as "a new look but it's something that you'd never say is so last year."

"I think our customers dress that way themselves. I don't think they sit around and follow the trends. I think they know the key pieces," Schrader said. "I think they're smart." SAMANTHA CRITCHELL (AP)

Valentine's

Sweets for Your Sweetie. Or Just You.

Since the point of Valentine's Day is not love, but candy, various companies have graciously produced sweet treats specifically for the occasion. Tell her you love her with **PEEPS MARSHMALLOW HEARTS** ($.50 per heart), or new Hot Tamales and Mike and Ike candy cards ($.99) that promote both romance and the consumption of colorful, sugary capsules.

FIONA ZUBLIN (EXPRESS)

Beauty

Lipstick Gets Corny

The new **PLANTLOVE LIPSTICK** from Cargo ($20, exclusively at Sephora) is for those who want to make both the earth and themselves beautiful. The tube is made from a corn polymer and is 100 percent biodegradeable; the stick has no mineral oils or petroleum. It's a very moisturizing formula, with only a touch of lipsticky taste.

KRISTEN PAGE-KIRBY (EXPRESS)

Look out Online

from readexpress.com

Clinton Run Divides Readers

COMMENTS | Much like Sen. Hillary Rodham Clinton's announcement over the weekend that she is running for president, Monday's Poll Center question, "Can Hillary Rodham Clinton win the presidency?", attracted quite a bit of commentary.

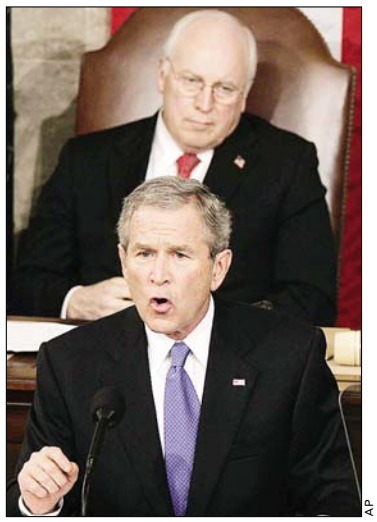
Clinton

Respondents were pretty evenly divided over whether Clinton could win the White House in 2008, with a slight majority — 53 percent — saying they think she has the ability to recapture 1600 Pennsylvania Avenue for the Democrats. But doubters dominated the discussion.

Said commenter Darth Bane: "Sen. Clinton could definitely win the primary, but would lose by a landslide in the general election. On the national stage, she has a lot of [husband and former president] Bill [Clinton]'s baggage with none of the charm. And on her own, she is too polarizing a figure to win the moderates — and definitely no conservatives."

Commenter Red Dog agreed: "There are just too many people on the right who possess a visceral hatred of her, and those people will move heaven and earth to prevent her from becoming president. The Swift Boat Vets will pale in comparison to what they pull to stop Sen. Clinton."

Agree? Disagree? Join the discussion at READEXPRESS.COM. MICHAEL GRASS (EXPRESS)


AP

WHO'S ON DECK? How good is your presidential succession knowledge?

Something's Missing

CHINATOWN | Do a TECHNORATI.COM search of a random neighborhood or D.C.-related place and/or activity and it might pop up on a tourist's blog. Blog gpliving.blogspot.com recently played the game, hunting for outsiders' impressions on the District's Chinatown, which has been ridiculed for being a little less than authentic.

One San Francisco-based blogger, KIREETREDDY.COM/BLOG, had this to say about a recent visit to the 7th Street NW strip near Verizon Center: "Notice the Chinese sign as well as the English one [for Starbucks]. It's more prominent than I've seen anywhere else but it wasn't that surprising at first. But then I took a look around. There were no Chinese people. At all. Zero. Yet sure enough every sign was in Chinese and English. It was like a theme park." M.G.

➜ Coming Up Today

With the State of the Union address coming up tonight, do you know proper presidential succession, just in case disaster should strike the Capitol?

? Poll Center

TODAY'S QUESTION

Is the United States heading in the right direction?

1. Yes
2. No

YESTERDAY'S RESULTS

Can Hillary Rodham Clinton win the presidency?

YES	NO
53%	47%

As of 5:30 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP

THE Blog LOG

"Stay in your lane ... when you pick a lane, commit to it. If you have to get into another lane at any point, pay attention to the people around you."

PHROGPRINCE.BLOGSPOT.COM, FED UP WITH BAD DRIVERS ON I-270, OFFERS SOME RULES FOR THE ROAD, ESPECIALLY THOSE WHO DON'T KNOW HOW TO DRIVE IN WINTRY CONDITIONS.

New Orleans Pride

"Regardless of where we all are now, the success of the Saints this year has been a uniting force that's put smiles back on the faces of many people still grieving the many losses they've faced ..."

HARTWELL.TV/SAINTS SAYS NEW ORLEANS IS PROUD OF ITS FOOTBALL TEAM'S SEASON.

An Overreaction?

"While shutting down GoGo clubs may not cause a stink among newer (read white) Ward 1 residents, messing with the business at the Black Cat or 9:30 Club ... will hopefully backfire on Graham."

A DCIST.COM COMMENTER THINKS THAT D.C. COUNCIL MEMBER JIM GRAHAM'S PROPOSAL TO BAN MINORS FROM CLUBS THAT SERVE ALCOHOL IS AN OVERREACTION AND COULD CUT TEENS OFF FROM MUSIC.

AP

Stick to What Works

"For WETA it makes sense, because their move to all-talk had not resulted in any of the hoped benefits that the board and [general manager] had promised — but plenty anger among long-time contributors and public figures in Washington."

IONARTS.BLOGSPOT.COM SAYS THAT WETA'S SWITCH BACK TO AN ALL-CLASSICAL MUSIC FORMAT IS A SMART MOVE.

Breaking News!

"CNN just 'teased' the big story that Dan Quayle — apparently still alive — is not running for president. Well gosh! And how about Jeanne Kirkpatrick, is she officially out of the race? What about 'I Dream of Jeannie' star Barbara Eden or TV's Murphy Brown?"

WONKETTE.COM POKES FUN AT CNN'S NEWS CHOICE ON MONDAY.

DO | **DRINK UP.** You can be confident about the quality of your beer after reading about it on Beercraft.blogspot.com. The blog is written by a former commercial beer producer and certified beer judge and covers such varied topics as sporting-event beer pairings and experimenting with barleywines.

Live Online

Radio Days

Post reporter and columnist **MARC FISHER** was online Monday at washingtonpot.com to discuss his story, "The Songs You Want to Hear," about the changing radio industry.

I want to listen to the radio, I really do, but the corporatization of the FM dial has made it hard. Less variety of genres, miniscule playlists, and way too many ads. The demise of WHFS is the end of a process that began in the early 90s. We've now lost classical programming as well. It's sad really but people have no choice but to go to pay for radio to hear good music.

The big radio companies have seen the light. They are now in panic mode. That's why you're hearing promos for "HD Radio" ad nauseum. Digital radio — second and third channels added to the frequencies of each broadcast radio station— do offer broadcasters a way to compete with satellite. But so far, the programming I've heard on HD Radio is done on the cheap — mostly unhosted, automated music with more interesting formats than what's on most of FM radio, but still, these new stations sound lifeless.

Here's what I took away from your article yesterday: Disco killed radio!

Ha! I don't know about that — disco was certainly part of the splintering of radio into niche formats, but so were lots of other music formats.

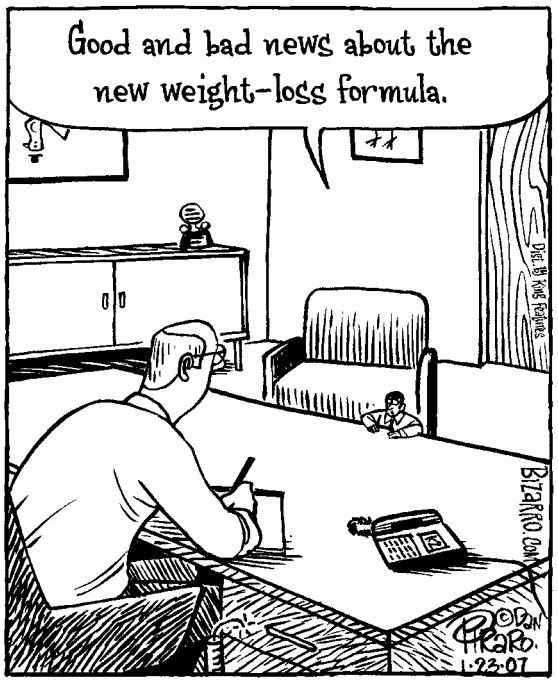
Great article, Marc, but I wonder if it gave short shrift to iPod docking stations in cars? Since much of listening is in the car, and Detroit seems headed towards built-in mp3 player docking stations, could this be another kick in the stomach to traditional radio?

Good point. I know a bunch of folks who swear by their iPod docking stations, but I know far more people who don't like to have canned music going in the car. They feel a need to be connected to something live, to know that if news breaks or there's a big traffic mess being reported, that they will hear about it.

TODAY ON LIVE ONLINE: Washington Post film critic Desson Thomson discusses the Academy Award nominations at 12:30 p.m. | **washingtonpost.com/liveonline**

Look out

Bizarro | *Dan Piraro*

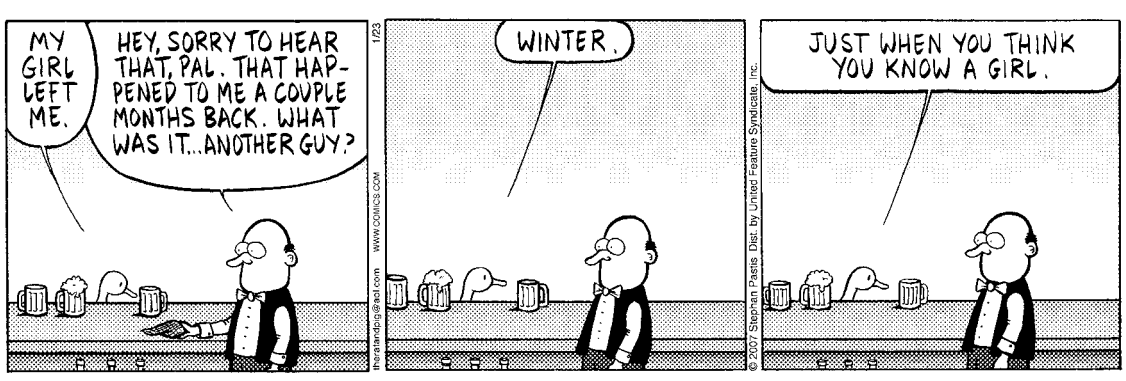


Cornered | *Mike Baldwin*

"It was humiliating. They used a police dog to chase me – a wiener dog."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

AQUARIUS (Jan. 20-Feb. 18) You'll have a hard time balancing what you have to do with what you want to do. Think things through, and you can have the best of both worlds.

PISCES (Feb. 19-March 20) You don't have to do the impossible on your own; trust that a friend, loved one or even an available stranger will be willing to help out.

ARIES (March 21-April 19) The closer you are willing to work — or play — with a certain someone, the more likely you both are to enjoying the results you really want to get.

TAURUS (April 20-May 20) You may be living in a world of fantasy at this time, but a friend or loved one will impress upon you the importance of being realistic.

GEMINI (May 21-June 20) There's no point in being a wise guy; treat others as you would prefer to be treated. Answer questions in a direct, honest manner.

CANCER (JUNE 21-JULY 22) You may be turned off by routine, but you are feeling a little too insecure to try something wholly unfamiliar. Strike a compromise.

LEO (July 23-Aug. 22) Someone else is likely to be encouraging when you are unable to give yourself the inspiration you require. You'll take what you can get.

VIRGO (Aug. 23-Sept. 22) You're suffering from a craving of sorts that can only be satisfied in a certain way and at a certain time. Work it out.

LIBRA (Sept. 23-Oct. 22) You're likely to receive news that forces you to change your plans against your will. Still, you can make the best of a tough situation.

SCORPIO (Oct. 23-Nov. 21) You can put the pieces of a puzzle together and reveal a picture that is nothing like the one you expected to see.

SAGITTARIUS (Nov. 22-Dec. 21) Be sincere and genuine; try not to give anyone the brush off. Focus on those things that keep you on the right track.

CAPRICORN (Dec. 22-Jan. 19) There's no reason for you to feel that you must be constantly entertaining. Keep your feet on the ground, and do what comes naturally.

Letters

Accident Stat Proves Little

THE JAN. 19 EXPRESS reported a statistic from a Carnegie Mellon University study that male drivers are 77 percent more likely to die in a car accident than female drivers and concluded that this statistic shatters "the age-old stereotype about dangerous women drivers." To reach that conclusion, more information would be needed, such as the total number of deaths for each gender as a result of car accidents, and the total number car accidents both lethal and non-lethal caused by each gender. Statistics do not prove causation; they can only show correlation.

—ANTHONY LARSON
Lanham, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1789 Georgetown University is established in present-day Washington, D.C.

1845 Congress decides all national elections will be held on the first Tuesday after the first Monday in November.

1932 New York Gov. Franklin D. Roosevelt announces his candidacy for the Democratic presidential nomination.

1943 Critic Alexander Woollcott suffers a fatal heart attack during a live broadcast of the radio show "People's Platform."

1989 Surrealist artist Salvador Dali dies in his native Spain at age 84.

ARCHIVE PHOTO

Surrealist artist Salvador Dali died in Spain today in 1989 at the age of 84.

Look out People

MARK MAINZ/GETTY IMAGES

Heather would have more friends if she didn't smile conspiratorially at nothing.

DIVORCE

Heather's Not Taking a Penny Less Than Everything

Lawyers for **HEATHER MILLS MCCARTNEY** said Monday that she has not agreed to a financial settlement of $63 million in her pending divorce from **PAUL MCCARTNEY**, as was reported in a British newspaper. (AP)

RECOVERY

Nothing Says 'Love You' Like Two Extra Months in Rehab

KEITH URBAN praised his wife, Nicole Kidman, and thanked his fans for their support during his three-month stay at a rehab center for alcohol abuse treatment, in a video posted on his Web site. (AP)

DESPERADO

Hilton Walks Free

PARIS HILTON was placed on 36 months probation and ordered to pay fines after pleading no contest Monday to alcohol-related reckless driving, a reduction of an original charge of driving under the influence. Hilton, 25, did not appear in court. The judge also ordered Hilton to attend an alcohol education program. (AP)

BRANIMIR KVARTUC/AP

EVAN AGOSTINI/GETTY IMAGES

Michelle cruelly hijacked the wedding day, damaging David E. Kelley forever.

TELL-ALL

TV Producer Reveals Hidden Pain of Secret Wedding

For someone writing a TV series about wedding planners, **DAVID E. KELLEY** can't speak from experience. He had nothing to do with his 1993 wedding ceremony to Michelle Pfeiffer. "My wife was so worried that the paparazzi would ruin the wedding party that she kept the details of the wedding secret from everyone, including me," Kelley said Saturday. His new romantic comedy will appear on Fox this spring. (AP)

"Damn my stylist. This lipstick is totally wearing ME."

PETER KRAMER/GETTY IMAGES

BABIES

'Who's Mommy's Wittle Teeny Indie Darling?'

"Six Feet Under" star and two-time Emmy nominee **LAUREN AMBROSE** has given birth to a son. Orson is the first child for both Ambrose and husband Sam Handel, People reported. "The family is very happy, the baby is happy, and Lauren is doing great," a friend told People. Ambrose's new film, "Starting Out in the Evening," premieres Sunday at the Sundance Film Festival, according to E! Online. (EXPRESS)

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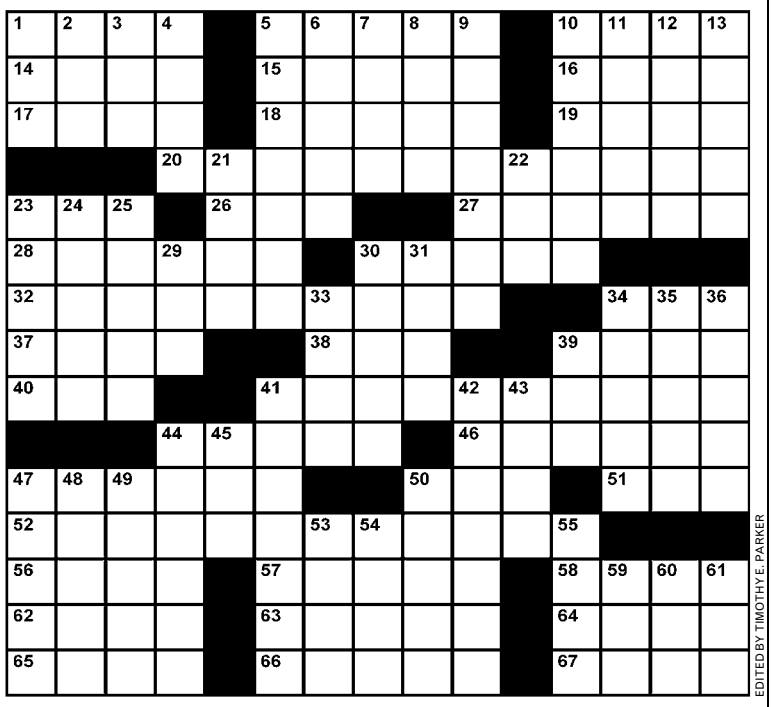
Amusements

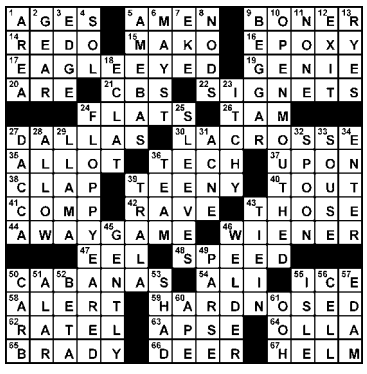


EDITED BY TIMOTHY E. PARKER

ACROSS
1 Snag
5 Thick carpets
10 Deseret, now
14 First-rate
15 Stylish Ellis
16 Palm Beach sport
17 Home video format
18 "Goldengirl" Susan
19 Troika
20 Amusement park attraction
23 "That feels g-o-o-o-d!"
26 Determine judicially
27 Uses a divining rod
28 Where they're raisin' raisins
30 Bring forth young
32 Amusement park attraction
34 Cookbook abbreviation
37 See at a distance
38 Word in the first sentence of the Gettysburg Address
39 Greek dairy product
40 "Do" followers on a music scale
41 Amusement park attractions
44 Word at an unveiling
46 Small bundle
47 Prepares tea, in a way
50 Liquid storage container
51 Restorative resort
52 Amusement park attraction
56 "Willing" partner
57 Put in the refrigerator, e.g.
58 Some donations
62 Make a break for it
63 Rich dessert
64 "Hide" counterpart
65 Guam, for one (Abbr.)
66 Sign of hard work
67 Himalayan mystery

DOWN
1 Tie up the line, e.g.
2 Beluga eggs, e.g.
3 Aardvark's morsel
4 Exude joy, in a way
5 Common nester
6 Father of Peter and Jane
7 Aesthetically pretentious
8 Brit's quaff
9 Of church affairs
10 Like Billy Joel's girl
11 Bagel shape
12 Skirt style
13 Head coverings
21 Italian volcano
22 Noisy dispute
23 Word before noon?
24 What a question might do
25 Lends a hand
29 Piggery
30 18th Greek letter
31 Stage furnishing
33 Transport, as a load
34 Shipbuilding woods
35 Penicillin target, for short
36 It's sometimes served primavera
39 TV overseer
41 Divides evenly
42 Officer's embellishment
43 Charlie Brown's "Darn!"
44 Plywood layer, perhaps
45 Choose
47 Elevator passage
48 It should be clean enough to eat off
49 Swiss mathematician Leonhard
50 Electricity pioneer
53 Arab sailboat
54 Do a personnel job
55 Like taking candy from a baby
59 "Enter the Dragon" star
60 Happened upon
61 Type of boot or lift

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

6	5	3	1	8	4	7	9	2
9	7	8	6	5	2	4	3	1
1	2	4	3	9	7	8	6	5
8	6	5	4	3	9	1	2	7
7	9	1	5	2	8	3	4	6
4	3	2	7	6	1	5	8	9
3	1	6	2	4	5	9	7	8
2	8	7	9	1	3	6	5	4
5	4	9	8	7	6	2	1	3

	6	7			2			
	8		6				7	4
			7					3
2				6		3	8	
			9		5			
	1	4		7				5
9					1			
8	4				6		5	
			8			4	3	

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Special Report solves the "My home isn't selling" problem

WASHINGTON METRO – A "Special Report" explodes what its author exposes as "The myth of slow home sales." In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio. Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – **www.WantItSoldNow.com.**

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Give Honesty and Reconciliation a Shot

Q My father was horrible to my mother. As a child, he'd use me as an alibi for his cheating; I remember him telling me to say we were out somewhere when he would just drop me off at a friend's house. All of this, unsurprisingly, has led to a not-so-great relationship between the two of us. My parents are long-since-divorced, but my father recently remarried and is now pushing for me to get to know his new wife. I really couldn't care less about this woman. My father occasionally comes to D.C. for business and proposed that we all have dinner next time they're in town. Am I wrong for not wanting a relationship with them? —DON'T CALL ME DAUGHTER

ERIC REECE

Unlike the treacherous world of junior-high dress codes, this isn't about what's right or wrong. There are far too many shades of gray here to begin to break out some rulebook. Your only guidepost should be to create a situation that maximizes your emotional health and leaves the least room for regret later on.

You don't say your age, but it is quite possible that your feelings about your father will soften or even make a U-turn over time — a reason not to paint with all-or-none strokes. Your father's new wife (your "stepmom," if you can stomach it) could be awesome and someone you'd choose as a lifelong friend, or she could be a brief annoyance who complains about whether her water has lemon in it and who ends up remarried to some earhair-sporting bookie in a few years.

For those of us who can't predict the future — and Dionne Warwick's not returning my calls — shutting doors usually leaves the most opportunity for regret. Are you wrong to not want to get buddy-buddy with this dynamic duo? Of course not. Do you have every reason to still have negative feelings toward your dad and be, at best, uninterested in his new wife? Yup. But might an hour or two of joint noshing provide a spark for a new chapter in your relationship, a glimmer of hope for a repaired connection that could actually develop into something meaningful in your life? Possibly. And it's that possibility — along with maybe some free calamari — that makes it hard to argue that you should shut the door completely.

Q What should I say to someone whom I'm concerned about in terms of their drinking? It's a loved one, if that matters. —NO NAME PLEASE

"Britney, I love you, and I'd like to talk to you about something when you have the time. Lately I've been concerned about your drinking."

Honesty is best, with an extra helping of patience, support and non-judgment. Focus less on his or her transgressions and more on how you're worried that your loved one doesn't seem happy. As you may know, it can be an uphill and lengthy process to get someone to seek help or even acknowledge that there's a problem. Keep at it. And consider support for yourself, too; al-anon.org is a good place to start.

> "Shutting doors usually leaves the most opportunity for regret."

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

WeekendPass makes the weekend perform.

Every Thursday in Express.

A publication of The Washington Post

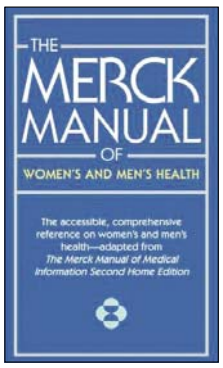
XX143d 5x5

Goods | fit

A Mini Splenda Thing

IF YOU'RE GOING to eat mass-produced, shelf-stable cupcakes, you might as well eat ones with less sugar. Tastykakes Sensables (yes, that's how it's spelled — it's supposed to read sense-ABLES) has welcomed three new Splenda-sweetened goodies to its pantheon: Cream-filled Koffee Kake (gooey cinnamon goodness), Cream-filled Vanilla Cupcakes (tasted like slightly dry Twinkies) and Banana Chocolate-Chip Soft Cookie Bars (a little nutrition bar-y). They proved much like sugary desserts in another way, too — we felt ill after inhaling six in a sitting.

NEW IN HEALTH **warm ups**



Quick-Draw Health Help

THE MERCK MANUAL used by docs has 2,991 pages. The Home Edition: 1,824. The new "Merck Manual of Men's and Women's Health" (that's code for "reproductive health"): 473 pages. It's practically a beach read! The $8 book, while relatively jargon-free, inherits the robotic tone of its predecessors, so there's no hand-holding as it details STDs, pregnancy and prostate disorders. But charts and tip boxes add a user-friendly element.

Hang 10 at Home

IF "MAUI FEVER" has you craving a surfer-dude bod, Brookstone is hoping you'll go cowabunga for the Osim uSurf ($400). Just balancing on the shaky platform will engage your lower core, and once you let go of the tension cord hand straps to perform other exercises, your coordination will be tested, too. (It's a bit like standing on a Bosu that's wiggling like a bowl of Jell-O.) But will it make you think you're at the beach catching a wave? No way — although you may feel more prepared to slip on a bathing suit. And there's definitely a chance you'll wipe out.

Even Better Than The Sniff Test

A FRIDGE IS FULL of mysteries. When did you buy those limes? How long have those leftovers been lingering? That wine's just been open a week, right? You don't need a detective, but you could use Days Ago ($10 per 2-pack, howmanydaysago.com). The digital timers have magnetic or suction backs so they can affix to anything in the kitchen or beyond (your plants will finally get watered). They'll count until you reset them or 99 days have passed. And by then you should really think about tossing that pasta sauce.

PRODUCTS

GuineaPig

Not Buttering You Up With Oil

FABIO'S PALS from I Can't Believe It's Not Butter have expanded the signature line of tubs ($2 each) with Mediterranean Blend, in both regular and light versions. It gets its ethnic flare — and omega-3 fatty acids — from olive oil.

So could we believe it wasn't actually butter? Yep. Even though it has a creamy mouth feel and certainly has the look down pat, it spreads way too easily to be the real stuff. (Although it's hard to complain about being able to shmear a bagel with a butter-esque substance pulled straight from the fridge. And one with no cholesterol or trans fats, at that.)

Where it falls flat is in the Mediterranean promise — it should be called "I Can't Believe It's Olive Oil." We thought adding the olive oil to the mix would make the spread taste like, well, olive oil. If you really want to eat just like the folks do in Italy and get all of its heart-healthy benefits, you should opt for a bottle instead of a tub.

VICKY HALLETT (EXPRESS)

Be Express' Next

Top Model

Think you've got what it takes to grace the cover of Weekend Styles? Send your name and a recent picture to photo@readexpress.com. You don't have to look like the typical model. Beauty of every kind and both genders are welcome. But if you have a modeling agent, you can't play. And you have to be over 18.

express

fit | Phys Ed

TEAM IN TRAINING

Team in Training trains folks for races while earning dough to fight cancer.

Raise Cash And Your Heart Rate

Running a marathon for speed is fine, but you'll feel even better if you're doing it for a cause. Unfortunately for folks hoping to break in their sneakers with the National AIDS Marathon training program, it's shutting its D.C. office next month. Although the program helped 10,000 locals cross finish lines in its nine years in existance and brought in $14 million for the Whitman-Walker Clinic, the health provider wants to focus its fundraising in other areas.

So what are dogooder racers to do? Perhaps join up with Team In Training, the world's largest endurance sport program, which preps people for marathons, triathalons and bike races — all while raising money for the Leukemia and Lymphoma Society. They're recruiting now for summer and spring events. Find out more, including dates of upcoming information sessions at teamintraining.org. V.H.

VITALSTATS

1

DOLLARS, IN BILLIONS, THAT THE SUSAN G. KOMEN BREAST CANCER FOUNDATION WILL HAVE RAISED BY THE END OF 2007

GETTY IMAGES

Stretch Yourself

Did you vow to workout in 2007? Don't forget rest

In new gym shorts and moisture-wicking Ts, an army of New Year's resolution-makers stormed into gyms earlier this month determined to pound out marathons on treadmills and pump enough iron to solidify all of their jiggly bits. But if their plan just involved pushing themselves to their limits every day, they're more likely to be feeling pains than seeing gains.

Lance Breger, head trainer at Adams Morgan's Mint Fitness, has witnessed the pattern countless times: "They shock their body too much. Then they get really sore, so they can't come in. And that decreases their motivation and they stop coming altogether."

To avoid this fate, exercisers need to balance their routine. For every day of heart-pounding training, there should be another when you ease back on the reps or take a long walk instead of a 20-minute sprint.

And the best way to keep your muscles from having a hissy? Stretch. "I'm not going to get you panting and then show you the door," said Breger. "After a workout, your muscles are short and tight, so you want to restore them to normal length."

Because yoga requires so many bends and reaches, athletes from other physical disciplines often roll out a mat to offset the damage they've done to their bodies. Matsimela Ajani, a yoga instructor at Dupont Circle's Yoga District, said runners need to add downward-facing dog and other moves that target the hamstrings into their regular rotation. "They come in and they can barely lean over," he said.

If exercisers want to take their stretching more seriously, they can even attend classes in it. Studio Infinity in Glover Park offers "Stretch Beyond the Gym," in which instructor Hsiao-Fang Lee leads an hour-long, full-body flexibility session. It's a blend of yoga poses with dancer favorites (students use the barre to get deep into some positions), and after 20 seconds in each pose, you'll know exactly where your tight spot is.

It was the lower leg for Lauren Paster, 25, who sampled the class for the first time on Saturday. "My calves were a mess from ballet. I couldn't stand on my toes for days," she said. But one of Lee's positions — a modified lunge with the front knee touching the ground — worked wonders. "This was a good way to finish the week," Paster said. "You can't go into a new week sore."

Dedicating time to reviving the muscles can also boost performance. "Runners feel the benefit because their feet become more flexible and that helps when they hit the ground," Lee said. Improving your range of motion by holding twists can also up your game when it comes to sports.

When even stretching seems like too much work after an exhausting sweat session, you could let someone else do it for you. Mint's spa has partnered with its personal trainers for a program called Therapeutic Express, which lets clients immediately segue between a workout and a massage that decreases tension specifically in the spots that were just exercised.

> Runners come in to yoga "and can barely lean over."

"It's two professionals serving you from two angles," explained spa director Charles Eric Somerville. "This is part of an active recovery."

After four months with the combo, 51-year-old member David Steinhardt credits it with helping him meet his fitness goals "faster and with less pain."

Non-members can also experience the pick-me-up of an express massage as part of Mint's new Tranquil Tuesdays promotion. For $45, you can use the gym, enjoy a 30-minute massage, then rest while sipping a juice blend in the café.

Rest and relaxation may not have been part of your new exercise plan, but make sure to edit it in now. "Getting in shape isn't like cramming for a test," Ajani advised. If you try to pull an all-nighter, you're doomed to fail. But with enough study breaks, you'll rock the final.

VICKY HALLETT (EXPRESS)

Merrily You Roll Along ...

Ditch the dumbbells and grab a Swiss ball. Get down on the floor and assume a standard pushup position, with your hands resting on top of the ball. Keeping your hands planted, slowly roll your wrists onto the ball, followed by your forearms; stop when everything up to your elbows is touching. Slowly reverse the movement. Do only three sets of three repetitions in the beginning, and gradually build up to three sets of five. "This blasts your triceps because you have to stabilize the ball along with controlling your downward movement," says Nick Clayton, C.S.C.S., a personal trainer at the Gainesville Health and Fitness Center. "It'll work the muscles better than a free-weight exercise can." (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE RODALE INC.)

ISTOCK

GETTY IMAGES

Five Exercises To Firm Fast

Moves you can do at your pad

Burn calories, sculpt muscle, shed fat — and you don't even have to leave your living room.

Workout Basics

Warm up for five minutes by marching or jogging in place. Then do each exercise for 1 minute. Rest for one minute and repeat the circuit. Do this workout three times a week, on nonconsecutive days. Once a week, skip the timer and do 10 reps of each exercise, concentrating on form.

Step-Up

(Works glutes, quads, hamstrings, calves, core)

Stand in front of staircase with feet together, arms at sides. Place left foot on step, keeping head up and abs tight. Lift body onto step, raising right knee until thigh is parallel to floor. Hold for a second. Lower right foot to floor behind step, then left. Repeat with right foot.

Elbow-to-Knee Sit-Up

(Works abs)

Lie on floor with knees bent, feet flat on floor. Place hands behind head and lift head and feet a few inches off floor, pointing elbows toward knees. Contract abdominals and rock up so elbows meet knees. Hold for a second, then lower. Keep head and feet off floor during entire minute.

Mountain Climber

(Works glutes, quads, hamstrings, calves, core, chest)

Assume a push-up position, with hands on floor beneath shoulders and feet hip-width apart, balancing on toes. Bend right knee and plant ball of right foot beneath torso. Spring off toes and raise hips into the air, switching legs, so right leg is extended and left is bent.

Rotating Side Lunge

(Works glutes, quads, hamstrings, outer thighs, obliques)

Stand with feet hip-width apart, arms extended at chest level, hands clasped. Take giant step to left, rotating upper body toward left. Bend left knee and lower hips, keeping left knee over foot. Press into left foot to return to starting position and repeat. Do a full minute, then switch sides.

Push-Up

(Works chest, shoulders, triceps, core)

Place hands on floor beneath shoulders and balance on toes, feet hip-width apart. Bend elbows to sides and lower body almost to floor. Keep abs tight and body in straight line. Rest knees on floor, keeping toes tucked, and push back up. Straighten legs and repeat. DIMITY MCDOWELL (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

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Cute, But Fatty

Your offspring may be making you eat ice cream

Kids! It's not bad enough that they leave their clothes on the floor, cost you a fortune and drive you crazy with worry. They also may be making you fat.

So says a study appearing in the Jan. 4 online edition of the Journal of the American Board of Family Medicine. Compared with adults living without children in the home, adults living with kids younger than 17, on average, take in an additional 4.9 grams of fat daily. And 1.7 grams of that additional fat is saturated fat — the artery-clogging kind of fat that abounds in many meat and dairy products, processed foods and meals taken out from fast-food joints and eaten in restaurants.

SCOTT OLSON/GETTY IMAGES

Without children nagging you to get fries, you might resist the temptation.

The damage that children appear to wreak upon the diets of those who care for them piles up faster than the laundry. And the litany of dietary offenses committed regularly by parents and guardians reads like a nutritionist's nightmare: Adults who live with children, the study found, "had significantly higher odds of frequently eating pizza, cheese, beef, salty snacks, cakes and cookies, ice cream, bacon/sausage/processed meats and peanuts."

In consumer studies, parents routinely cite their children as key drivers of snack food choice, home menu selection and restaurant visits. The authors emphasized that children are not to blame for the high-fat eating habits of the adults who care for them. But they suggested that physicians who treat adult patients should be aware that poor food choices can be a family problem. MELISSA HEALY (LOS ANGELES TIMES)

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THE EXPERTS

ChewOnThis

Pricey Produce

Q Are organic fruits and vegetables better for you? Why?

EATING ORGANIC FRUITS and vegetables will limit your exposure to pesticides, but organic fruits and vegetables are almost always more expensive and are not always more nutritious.

Organic produce can cost as much as 50 to 100 percent more than non-organic produce, so it's important to get the most bang for your buck. The United States Department of Agriculture (USDA) found that even after washing, some fruits and vegetables contain much higher levels of pesticide residue than others. This list is referred to as the "dirty dozen" and includes apples, cherries, grapes imported from Chili, nectarines, peaches, pears, raspberries, strawberries, bell peppers, celery, potatoes and spinach. Buy the organic version of these foods as often as possible.

Further, seek out local organic fruits and vegetables at a farmers market or through a food co-op, since a shorter period from field to plate means more nutrients and better taste. Search for co-ops in the D.C.-area at localharvest.org. Or, try growing your own spinach, peaches and peppers — without pesticides, of course.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

MEREDITH BOOKS

Secrets of Skinny

Eat like a foodie yet look like a fashion model

Size 2 frocks and nights at trendy restaurants sound like a bad diet combo. But in "The Skinny: How to Fit Into Your Little Black Dress Forever" ($23, Meredith), food writer Melissa Clark, left, and health writer Robin Aronson allege you can have your lava cake and your skinny jeans, too. The trick? Trim portion sizes while upping the flavors in what you eat. They'll be in D.C. Jan. 24-25 signing and discussing the book (see theskinnythebook.com for information). Express' Jennifer Barger chatted with the pair about why thin is easy to achieve.

Q+A

What's the deal with "The Skinny?

CLARK: You eat what you want when you want it. But you eat more fruits and vegetables and smaller portions. And when you're full, you stop.

How's it different from other diets?

ARONSON: It's driven by flavor. It's got recipes — steak with radicchio and pineapple, kale and white bean soup — with tastes that are strong and wonderful.

C: I say use a lot of vegetables and a little yum, like spinach salad with blue cheese dressing instead of low-fat mayo. It's more satisfying.

You propose some ideas people might find radical — throwing out food, eating cereal out of a tea cup and drinking bourbon, not beer. Is acting odd part of being thin?

C: You have to adjust yourself from the social norm to be skinny. But keep in mind that the social norm is overweight! You have to find your own set of tools. And it may sound strange to say "Don't drink beer," but it's hefty and really should be treated like a meal.

A: If you don't want to carry around extra pounds, adjust your life. Have two squares of chocolate, not three. You'll feel swishier in your dress, but you won't feel deprived and binge on ice cream later.

How do you deal with pressure to pig-out in social situations?

C: I'm a food writer, so I've got chefs watching my plate whenever I go out to eat. But I've decided I'm not eating to please other people. When I go to a friend's house, I serve myself little bits of things so I can clean my plate.

You're big on brown-bagging for lunch. What do you do if you don't have time to bring a salad to work?

A: If you order a turkey sub, eat half and save the other half for later. And ask yourself how much you really need to eat. Whatever you buy at a restaurant is probably more than you need.

> "It's as important to think about what goes into your body as what goes on it."

C: If you can't brown-bag, I'd say get a banana and a yogurt, but make it full-fat. Or do sushi.

You use lots of fashion metaphors in the book, at one point comparing splurging on sweets to occasionally indulging in designer boots. Is vanity a good motivator?

C: Fashion is as good a motivator as anything else. If you want to look good and feel good in clothes, there's nothing wrong with that.

A: I think it's as important to think about what goes into your body as what goes on it. Besides, after I lost weight doing this, the shopping was a lot of fun!

Explain "the creep," and why it's vital to keep it in check.

A: That's when you add just a couple of pounds, maybe after a wedding or a trip. It's time to scale back and have more broccoli and fewer fries, or else two pounds will turn into 10.

C: I do my own little yo-yo with these two pounds I lose and gain. If I find I'm up, I'll exercise more and maybe go vegetarian for a meal or two. Then it's back to two cookies a day.

Salmon With Carrots, Molasses & Chile

PREP TIME: 15 minutes. Cooking Time: 25 to 30 minutes. Serves: 4

INGREDIENTS: 1 lb. carrots; 2 tbs. extra virgin olive oil; 2 tbs. molasses; pinch cayenne; sea salt and freshly ground pepper; 2 salmon fillets, 4 to 6 oz. each; chopped fresh herbs for garnish; lemon wedges for serving.

GETTING STARTED: Preheat the oven to 375 degrees. Peel the carrots and slice them on a bias, about 3/4 inch thick. In a large bowl, whisk together 1 1/2 tbs. of the oil, molasses, cayenne and a generous pinch of salt and pepper. Add the carrot slices and toss well. Spread the mixture out on a rimmed baking sheet and roast, stirring once or twice, until golden and tender, 25-30 minutes. Season salmon with salt and pepper and rub with the remaining 1/2 tablespoon of olive oil. Place fish on a small baking pan and pop it in the oven with the carrots during the last 10 minutes. The fish is done when it's opaque on the top but still darker pink inside. Garnish with herbs and lemon wedges.

REPRINTED FROM "THE SKINNY: HOW TO FIT INTO YOUR LITTLE BLACK DRESS FOREVER" (2007, MEREDITH)

Work That Toe! Work It

Foot exercises tone arches, help bunions and stretch out tootsies

They may never pull a locomotive with their toes, but a few intrepid fitness pioneers are diligently exercising their feet with the dedication of true believers.

And they may be on to something. Many podiatrists believe that putting feet through a simple exercise regimen designed to build up strength and flexibility can save some folks a world of hurt. "A lot of injuries we see can be prevented if you have stronger feet," says Dr. Noreen Oswell, chief of podiatric surgery at Cedars-Sinai Medical Center in Los Angeles.

Regularly exercising your southernmost appendages can strengthen muscles, warding off tendonitis, plantar fasciitis and foot pain, says Dr. Douglas Richie, a podiatrist in Seal Beach, Calif., and past president of the American Academy of Podiatric Sports Medicine.

Most people who seek out foot exercises do so with physical therapists or trainers. But an elite few go a different route: foot fitness classes. Finding these classes takes a little legwork. "It's not like you can open up a catalog to a college and say, 'Oh, foot aerobics!' " says Carolyn Sery, a sales rep and foot exerciser.

Sery has been taking foot fitness classes since painful bunions made standing on the job increasingly difficult. She was introduced to the concept by exercise instructor Shuriu Lo, who was training her in Pilates at the time.

On a recent Friday morning, we paid a visit to Lo's studio at 2020 Fitness in Long Beach, Calif., to learn what goes on at a foot fitness class. Lo and three students scrunched their toes like inchworms, scooting the foot forward and back. They raised their toes, then lowered them one at a time, starting with the littlest. They interlaced their fingers in their toes, rotated each foot and walked over small rubber domes known as wakers.

Thirty minutes a week may not sound like much, but Sery credits it with helping her stay longer on her feet – and with less pain – during her job servicing accounts at greeting card stores. She also believes it has helped her avoid surgery.

"Standing for long periods is tiring and painful unless I do my foot class exercises," she says.

To supplement the benefits of the class, she has her own pair of toe stretchers that she wears when she can: soft, pliable devices worn on the feet that fan the toes outward.

Although there isn't empirical evidence proving their efficacy, some physical therapists and their clients believe the stretchers improve flexibility and reduce pain.

Foot fitness isn't exactly a booming business, but a number of physical therapists and trainers do incorporate the principles into their practice. For example, Marie-Jose Blom-Lawrence, director of Long Beach Dance Conditioning and Angel City Body Kinetics, and an instructor of anatomy and physiology at Loyola Marymount University's department of dance, is a big proponent of foot exercises.

She believes that certain orthopedic problems, such as back pain, can often be traced to the feet. She thinks it's a shame that when most of us formulate a fitness plan, feet are the last thing we consider.

"When we think of the feet, it's related to fashion, not health," she says. "People work out, and go and have pedicures, and it's all for the outside."

Kim Finklestein, a physical therapist in Santa Monica, Calif., even has a "toe mobilization" program, designed to restore flexibility.

Sery has found that embarking on a foot fitness regimen has unexpected perks: It's great fodder for party conversation. "I tell them about my foot class, and I have them all in stitches," she says. "When I tell people I've got toe stretchers, they picture me hanging upside down."

JANET CROMLEY (LOS ANGELES TIMES)

GLENN KOENIG/LOS ANGELES TIMES

THIS LITTLE PIGGY WENT TO THE GYM: A foot fitness class in Long Beach, Calif., includes stretches and toe manipulation.

Quick Ways to Get Sweaty (and Fit) Feet

Want to put your feet through a workout? The following exercises are relatively simple and can be done at home. They're only a few of the many exercises recommended by foot experts, however. To expand your repertoire and ensure you're doing the exercises properly, you may wish to attend a foot fitness class or consult with a foot specialist.

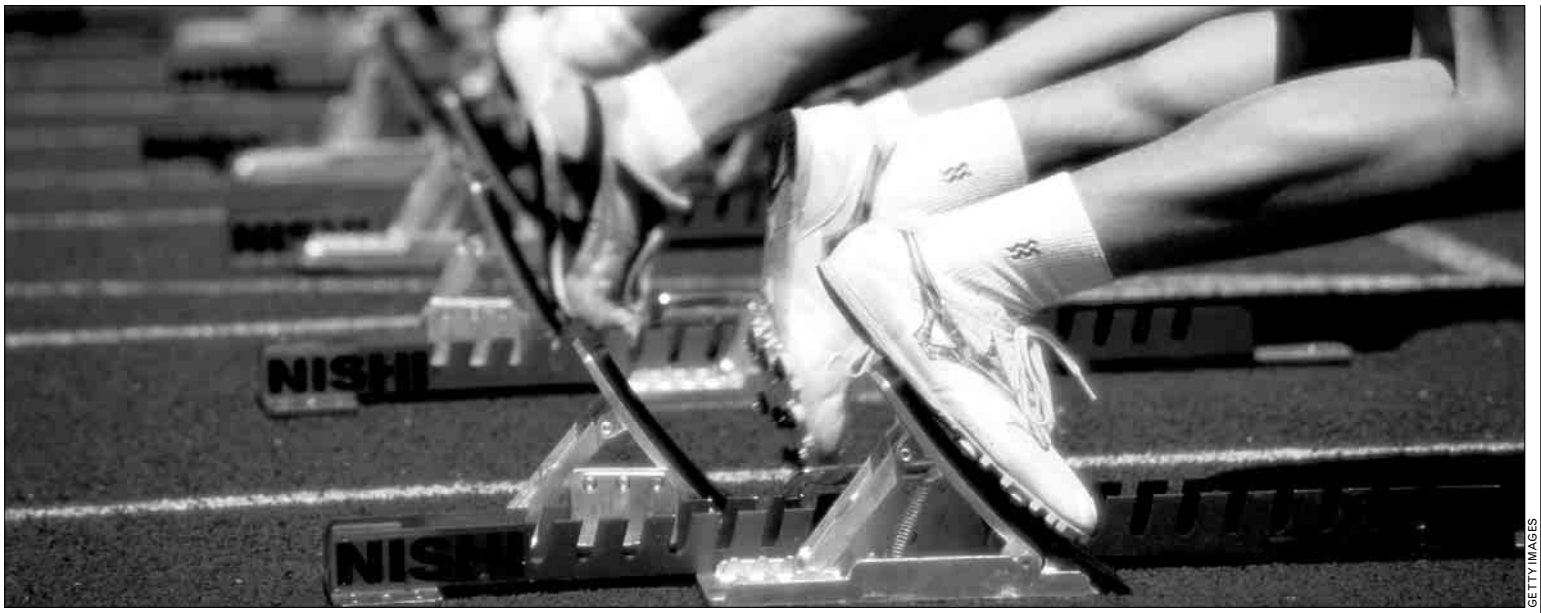
■ The calf raise. In a standing position, raise and lower the heels off the floor while rolling up onto the balls of the feet. Do this while bending the toes into the floor. A more ambitious variation of the drill is to do it one foot at a time. This exercise strengthens the arch, toes and Achilles tendon. Do not do this if you have a strained arch, as you could strain the arch further.

■ The tennis ball roll. While seated or standing, roll the foot gently over a small ball, such as a tennis ball. This is good for maintaining the arch.

■ The toe massage. While sitting with one foot on the opposite knee, massage the ball of the foot, in between each metatarsal. Repeat with the other foot.

■ The towel curl. This is one of the safest exercises, says Seal Beach, Calif., podiatrist Dr. Douglas Richie. While sitting with feet flat on the floor, try to grip a small towel by curling the toes over it. Even if you are not able to actually grip the towel, the attempt is still good exercise. To exercise individual toes, try this with marbles or tissues. This exercise is good for strengthening toes and arches.

(LOS ANGELES TIMES)



GETTY IMAGES

Prevent Gait Crashing

Analysis can determine when heels hit wrong and ankles go awry

Stephanie Felix didn't realize running could be so complicated. The high school junior took up the sport a few years ago and quickly emerged as a top distance runner at La Mirada High School in La Mirada, Calif.

But then her coach had team members' gaits assessed. The analysis, in which Stephanie was videotaped while running on a treadmill, showed a litany of problems. She shifted her weight to the inner foot, which could lead to ankle and foot injuries. And her arms swung too much, which could cause misalignment in her lower body.

"I learned a lot about my form that I didn't know," said Felix, 16. "When you have good form, you're a better runner."

Long used in medical settings to help people with movement disorders, such as cerebral palsy, learn to move more efficiently and with more stability, gait analysis is increasingly offered in running and footwear stores.

In general, gait analysis is the study of foot motion during running and walking. The process evaluates the foot's anatomical structure, muscle flexibility and strength.

A FAST FIT FOR FLEET FEET

Some local running stores are using gait analysis to make sure you walk out in sneakers that feel as awesome as they look.

All three branches of Virginia's Potomac River Running (potomacriverrunning.com) boast a fancy video set-up. Customers jog on treadmills while a store employee watches their steps on a screen. "We can see what direction the foot rolls," said manager Eric Lavigne. People with excessive overpronation — their feet roll inward too much — need sneakers with more support, for example. At Pacers (runpacers.com), you'll take off your shoes so an employee can get a good view of your feet. You'll take a few steps in the store, then head outside for a quick run, all under observation.

If you want your gait analyzed to see if you're running with good form or are asking for an injury, you won't really get that at either store. But Velocity Sports Performance (velocitysp.com) can determine whether you're striking the ground right and pumping your arms to make the most of a sprint.

Footwear stores often offer the simplest method of gait analysis — a visual inspection of the foot and shoe. More specialized stores and many physical-therapy and sports clinics offer video gait analysis, in which a person is taped while running on a treadmill.

Store employees typically examine patterns of wear on a customer's old running shoes. "Shoes tell a history if they're well-worn," says Irene Davis, a professor of physical therapy at the University of Delaware. A worn heel can suggest a heel strike, in which the heel of the foot strikes first instead of allowing a larger surface of the foot to absorb the shock. Runners who land hard can develop stress fractures more easily.

The customer is also asked to walk across the store so that problems with knock-knees, splayed feet, pigeon toes or falling arches can be identified. The foot should be measured, including length, width and arch length.

In video analysis, a customer is taped from various angles. The tape is played back frame by frame to identify specific movements not visible to the unassisted eye.

The key to gait analysis, say experts, is to gain some useful information that will prevent injury. This can involve a simple change in footwear, use of orthotics, therapies to strengthen or add flexibility to muscles and changes to one's mechanics or exercise patterns.

"The value in gait analysis is in the person doing it, not the equipment," Davis said. "If it's advice on mechanics, that's something that requires training." SHARI ROAN (LOS ANGELES TIMES)

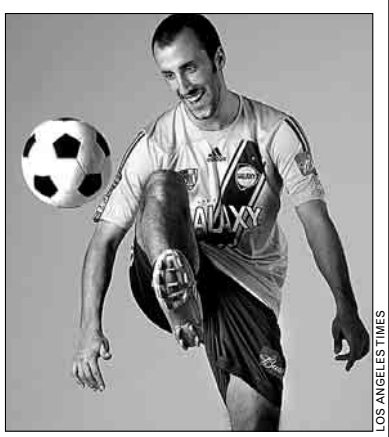
Day in the Life of a Working Foot

Amateur runners may moan about aching dogs, but that's nothing compared to the abuse professional feet take on a daily basis. Behold:

CORINA GILL

Watching dancer Corina Gill effortlessly rise on point, standing on one's toes looks easy. But the dancer with the Los Angeles Ballet has sustained plantar fasciitis (inflammation of the thick tissue that spans the bottom of the foot), Achilles tendinitis (inflammation of the Achilles tendon), bruises on her big toes, blisters, lost nails and bunions. The 25-year-old employs a variety of remedies for her foot woes, including something called an Ouch Pouch pad to cushion her forefoot and flexible polymer spacers that fit between the toes to help protect against bunions.

Gill religiously uses elastic exercise bands on her feet, wrapping the band around the bottom of a foot, then flexing and pointing it. "It strengthens and warms it up," she explained, "and I think it increases the mobility a little bit."



LOS ANGELES TIMES

Dancer Corina Gill and soccer player Peter Vagenas make a living off fine feet.

PETER VAGENAS

When soccer player Peter Vagenas took up yoga four years ago, he figured it would help his back but never expected it would also help his feet and ankles. Ankle ills have plagued the Los Angeles Galaxy midfielder since college, but since taking up yoga he's feeling more resilient. "You find it has to do with core stability," he said. "A lot of times you're on one leg and pretty much stabilizing yourself with that one ankle." Being balanced helps while running and kicking, but also when being tackled by an opposing player, which happens frequently and can result in a sprained ankle. JEANNINE STEIN (LOS ANGELES TIMES)

STUDIES

Stethoscope

Cardio Loves Coffee

If you go to the gym in the morning, make sure you don't skip your cup of coffee beforehand. A University of Georgia study of female college students found that caffeine eases the muscle soreness that often attacks after a workout. Caffeine was more effective than over-the-counter medications like Aleve and ibuprofen, but researchers, writing in the Journal of Pain, cautioned that caffeine can still have unpleasant side effects like high-blood pressure and heart palpitations.

Cancer: Still Bad

The number of cancer deaths in the U.S. is declining sharply, according to the American Cancer Society. Despite the fact that the population is getting older, and thus more likely to develop cancer, the number of deaths decreased by 3,000 between 2003 and 2004. Significant factors may include a decrease in tobacco and an increased rate of early detection. Even so, the American Cancer Society predicts that over 559,000 people will die of cancer in 2007.

No Bongs for Moms

OK, so you knew crystal meth was off-limits for pregnant women, but now it seems that pot is too. A Brazilian study of adolescent mothers, published in the Journal of Pediatrics, has found that infants exposed to marijuana in utero were less responsive and crankier than infants with pot-free mothers. Researchers fear that the neurobehavioral effects of marijuana could negatively affect mother-child bonding. Note to parents: If your teenager gets pregnant, hide her stash.

Show Your Heart Love

These eight steps will keep your heart disease risk in check

Even if you are already at risk for heart disease, you can improve your heart health and reduce your risk factors. Because these factors are often related, a change in just one area can positively impact others. Losing weight, for example, makes it easier to keep blood pressure down and diabetes in check.

GETTY IMAGES

Having a healthy heart takes some effort, but it's well within your reach. Take an active role in keeping your heart beating at a healthy pace by following these eight steps:

1. Improve your cholesterol levels.
The higher your blood cholesterol level, the higher your risk for heart disease. Follow a diet low in saturated fat to reduce your cholesterol levels.

2. Quit smoking.
Smokers are twice as likely to suffer heart attacks as non-smokers and they are more likely to die as a result. Smoking also increases your risk of having a stroke. Women who both smoke and take oral contraceptives are at particularly high risk for heart disease and stroke.

3. Control high blood pressure.
High blood pressure, also called hypertension, is the number one heart disease risk factor in the United States today. Nearly 50 million people suffer from high blood pressure. Medications to control blood pressure can be highly effective and they are safe and easy to take.

4. Exercise.
People who don't exercise have an increased risk of heart disease compared with people who do even moderate amounts of physical activity. Leading a sedentary life is just plain unhealthy. Work to increase your physical activity and you will lower your risk of heart disease as well as other illnesses.

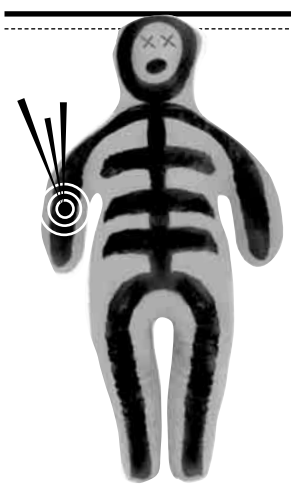
> Smokers are more likely to have **heart attacks — and to die as a result.**

5. Keep diabetes under control.
Diabetes can lead to many health problems, including heart attacks. It's critical to properly manage diabetes under the care of a physician.

6. Maintain a healthy weight.
Excess weight causes additional strain on your heart, making people who are overweight more likely to develop heart disease. Being overweight also influences other risk factors, such as blood pressure and cholesterol levels.

7. Limit alcohol consumption.
Women who consume on average more than one drink per day and men who consume more than two drinks per day increase their risk of heart disease. People who binge drink are at particularly high risk.

8. Manage your stress level.
Uncontrolled stress and anger can lead to heart disease. There are stress and anger management techniques that can be very effective in lowering your stress level and, therefore, your risk for developing heart disease. Talk with your doctor about how you can incorporate these techniques into your daily routine. LISA ZAMOSKY (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are your eyes burning and sensitive to light? Is your vision blurry? Does it feel like there's something in your eye that's really, really painful? Do you wear contact lenses? You could have **AMEBIC KERATITIS** — your corneas are infected with Acanthamoeba, a type of free-living ameba! That means these protozoa don't need human or animal hosts to thrive in soil or water, but they'll still happily set up camp in your eyes if you swim while wearing your contacts or use unsterile cleaning solution. (A full 85 percent of cases occur in contact-lens wearers.) When caught early, the condition is easy to treat — just nip away the lesions and pump in antimicrobial drugs to smoke out your eyes' new residents.

SOURCE: MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.

THE EXPERTS

SkinDeep

Move On, Mole

Q I had two moles removed. Then they came back. How can I make them leave for good?

THEY'RE NOT like bad pennies — they don't just keep turning up for no reason.

Without knowing what your beauty marks looked like or how they were excised, Rockville-based dermatologist Matthew Katz theorized they may simply have not been removed completely the first time, even if they seemed to have vanished. "Microscopically there's more than appears to the eye. You don't want to make bigger cuts than you need to."

The phrase, "location, location, location," also pertains to those pesky brown spots. "Some

people have soft, elevated moles, and the portion that's removed is sliced off the top just to make it flush with the skin." This method is used with moles located near bra straps or collars that get irritated by the chafing.

If you want to ensure the little buggers don't come back again, prepare for an excavation. Removal "may require wider and deeper cuts that may necessitate some stitches," said Katz. "But certain locations heal better with stitches. The face, especially, will heal better." LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

How to Handle Hairy Issues

Save your scalp in the shower

Whether it's flaking or thinning, gray or greasy, troubled hair is an instant indictment of a man's appearance.

But we can fix things before you face a jury of your peers (especially the well-endowed, blonde peers). This is what you should do when your hair is ...

THINNING

Blame dihydrotestosterone (DHT), a hormone that, in excess, lengthens the resting phase of your hair's growth cycle.

HOW TO SAVE YOUR SCALP: In the morning, apply a 5 percent minoxidil solution. At night, try a new spray called FNS (Follicle Nutrient Serum). While FNS ($60) is not yet FDA approved, a study showing that the spray stopped hair loss in men after three weeks has prompted researchers to suggest giving it a try. FNS is available at Saks Fifth Avenue and Nordstrom, as well as through osmotics.com.

SNOWING

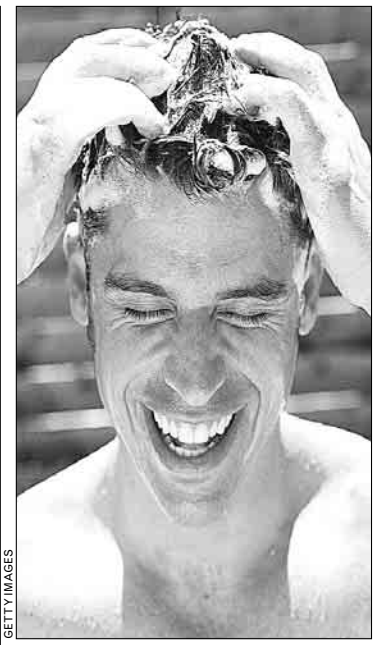
Don't call it dandruff, call it seborrhea, an inflammation of the scalp — possibly triggered by yeast and bacteria.

HOW TO SAVE YOUR SCALP: Go on a shampoo shopping spree. Buy one with antifungal and antibacterial ingredients (like Carmol Deep Cleaning), one with zinc (like Head & Shoulders) to calm the inflammation and one with salicylic acid (like Neutrogena T/Sal) to cut through the crust. Use one for a few days and then switch. If you're still leaving a wake of white after two months, see a dermatologist to get a steroid-based shampoo, such as Capex.

GREASY

Some heads are programmed to pump out more sebum (our body's version of Valvoline) than others.

HOW TO SAVE YOUR SCALP: "Nothing beats a little dishwashing liquid for emergency sebum control," said Lynn Symonds, author of "The Haircutting School Instruction Book." For daily mop-up duty, use Aqua Glycolic shampoo and body cleanser.



GETTY IMAGES

Fight those icky dandruff flakes by using three shampoos in rotation.

DRY

Maybe you're short on sebum. Or you swim a lot. Or you like to blow-dry the heck out of your hair.

HOW TO SAVE YOUR SCALP: Use a conditioner — but don't follow the directions. After you get out of the shower, put a dime-size dab in your palm, rub your hands together, and then run them through your hair. For long-term relief, use a shampoo that says "gentle" or "mild" on the bottle and look for the nondrying ingredient sodium laureth sulfate.

MISSING

You may have been visited by alopecia areata, a disorder in which your immune system decides hair follicles are enemies and kills them in dime- or quarter-size patches.

HOW TO SAVE YOUR SCALP: Buy 1 percent hydrocortisone cream and rub it into each bald circle. This may calm the inflammation enough to allow the follicles to regrow. Or see a dermatologist, who may prescribe topical or injectable steroids. BILL GOTTLIEB (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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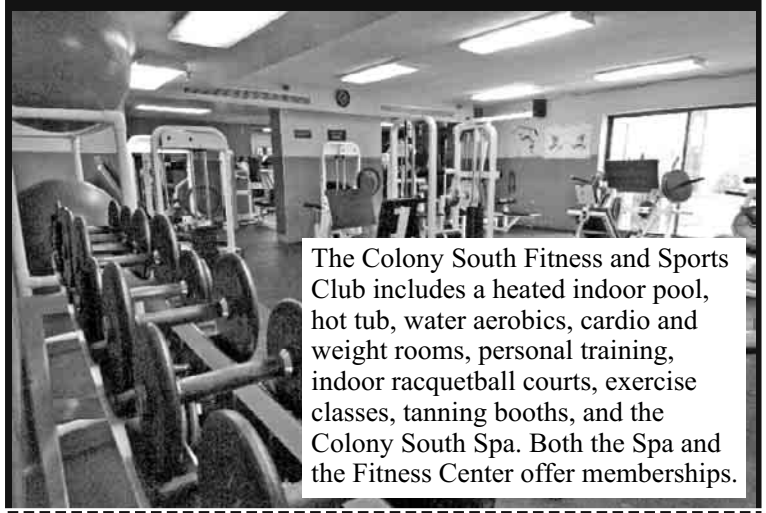
What About that
New Year's Resolution?



The Colony South Fitness and Sports Club includes a heated indoor pool, hot tub, water aerobics, cardio and weight rooms, personal training, indoor racquetball courts, exercise classes, tanning booths, and the Colony South Spa. Both the Spa and the Fitness Center offer memberships.

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